



Slow-Cooked Tomato and Herb White Beans



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 1 medium carrots cut into 1-inch pieces
- ☐ 1 cup navy beans dried
- ☐ 0.3 cup garlic minced (from 1 to 2 heads)
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 sprig rosemary (3-inch)
- ☐ 1 sprig sage (3-inch)

- ☐ 1.5 tablespoons thyme leaves chopped
- ☐ 4 sprigs thyme leaves (3-inch)
- ☐ 0.5 cup canned tomatoes canned
- ☐ 3 cups tomatoes chopped
- ☐ 6 cups water
- ☐ 1 medium onion white chopped

Equipment

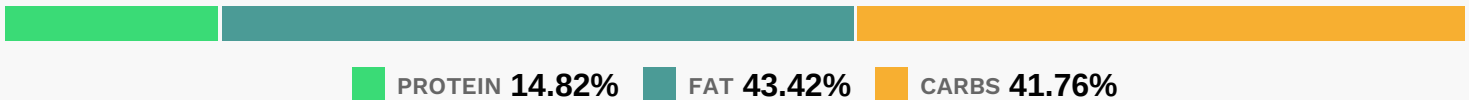
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Soak beans overnight (8 to 12 hours) in water to cover by 2 inches or quick-soak (see cooks' note, below), then drain.
- ☐ Bring beans, water (6 cups), carrot, onion, and herb sprigs to a simmer in a 4-quart heavy pot, then simmer, partially covered, until beans are al dente, about 45 minutes.
- ☐ Add kosher salt, then continue to simmer until beans are tender, 45 minutes to 1 hour more.
- ☐ Cook bacon in a 12-inch heavy skillet over medium heat, stirring occasionally, until crisp, 6 to 8 minutes.
- ☐ Add oil and onion and cook, stirring occasionally, until onion is golden, about 12 minutes.
- ☐ Add garlic, kosher salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until garlic is softened, about 2 minutes.
- ☐ Add tomatoes, tomato purée, and thyme and simmer, uncovered, stirring occasionally, until sauce is slightly thickened, about 30 minutes.
- ☐ Discard carrot and herb sprigs.
- ☐ Drain beans in a sieve set over a bowl, reserving cooking liquid, and return beans to pot.

- ☐
- Add tomato sauce and 1 1/2 cups bean-cooking liquid and simmer, uncovered, stirring occasionally, until thickened, about 45 minutes.
- ☐
- To quick-soak beans, cover with water by 2 inches in a 3-quart heavy saucepan and bring to a boil, then boil 1 minute.
- ☐
- Remove from heat and cover, then soak 1 hour.
- ☐
- Drain, discarding water.•Dish can be made 2 days ahead and chilled. Thin with water if necessary while reheating.

Nutrition Facts



Properties

Glycemic Index:56.64, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:18.880000133877%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 284.66kcal (14.23%), Fat: 14.21g (21.86%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 19.94g (7.25%), Sugar: 5.51g (6.12%), Cholesterol: 7.26mg (2.42%), Sodium: 416.53mg (18.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin A: 2482.67IU (49.65%), Fiber: 10.8g (43.21%), Manganese: 0.8mg (39.84%), Folate: 146.71µg (36.68%), Copper: 0.66mg (32.99%), Vitamin B1: 0.37mg (24.64%), Vitamin C: 19.67mg (23.84%), Potassium: 765.57mg (21.87%), Magnesium: 85.08mg (21.27%), Phosphorus: 201.41mg (20.14%), Vitamin B6: 0.38mg (19.12%), Iron: 3.06mg (17.02%), Vitamin K: 14.75µg (14.05%), Vitamin E: 2.08mg (13.87%), Zinc: 1.77mg (11.78%), Vitamin B3: 2.1mg (10.48%), Calcium: 101.46mg (10.15%), Selenium: 7.05µg (10.08%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.54mg (5.35%)