



White Bean Ragout with Toast

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce .5 can cannellini beans white rinsed drained canned (kidney)
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 4 garlic cloves finely grated halved
- ☐ 6 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin plus more
- ☐ 3 medium onions chopped
- ☐ 8 tablespoons parmesan divided finely grated

- ☐ 6 servings pepper freshly ground
- ☐ 1 bell pepper red chopped
- ☐ 2 teaspoons tomato paste
- ☐ 4 cups vegetable broth divided
- ☐ 4 "-thick grilled toasted
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Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

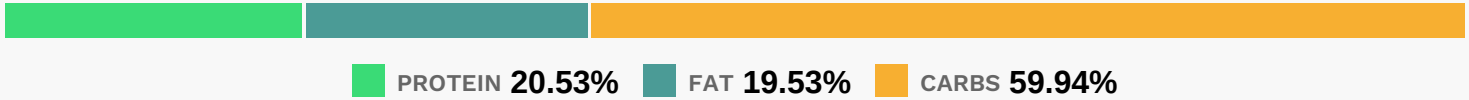
Directions

- ☐ Pulse onions in a food processor until finely chopped but not puréed (you should have about 2 cups).
- ☐ Transfer to a medium bowl. Pulse bell pepper in processor until finely chopped but not puréed (you should have about 1 cup); add to bowl and mix well.
- ☐ Heat oil in a large heavy skillet over medium heat.
- ☐ Add onion mixture (it may splatter) and season with salt and pepper. Simmer, stirring often, until vegetables are completely softened, about 30 minutes.
- ☐ Add finely grated garlic and tomato paste and cook, stirring often, until tomato paste begins to turn deep red, about 3 minutes. Measure 1/2 cup soffritto and set aside; reserve skillet.
- ☐ Transfer remaining soffritto to a container and let cool completely, uncovered. Cover and store in refrigerator for up to 4 days or freeze for up to 3 months.
- ☐ Meanwhile, preheat oven to 375°F. Rub bread slices with cut sides of remaining garlic clove.
- ☐ Place bread on a baking sheet and sprinkle 1 tablespoon Parmesan over each slice. Toast until cheese begins to brown, about 5 minutes. Set aside.
- ☐ Heat reserved 1/2 cup soffritto and beans in same skillet over medium-high heat. Cook, stirring often, until heated through, about 1 minute. Stir in 3 cups broth; bring to a boil. Simmer, scraping up browned bits, until liquid is slightly thickened, 3-4 minutes.

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- Add tomatoes and remaining 1 cupbroth; simmer until tomatoes are tender,3–4 minutes. Stirin 2 tablespoons Parmesan.Season with salt and pepper.

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Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:9.9, Inflammation Score:-9, Nutrition Score:18.359565189351%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

Nutrients (% of daily need)

Calories: 264.36kcal (13.22%), Fat: 5.91g (9.09%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 40.79g (13.6%), Net Carbohydrates: 32.27g (11.73%), Sugar: 5.86g (6.51%), Cholesterol: 4.53mg (1.51%), Sodium: 957.05mg (41.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin C: 37.95mg (46%), Manganese: 0.91mg (45.27%), Fiber: 8.52g (34.09%), Folate: 117.75µg (29.44%), Vitamin K: 30.57µg (29.11%), Iron: 4.87mg (27.06%), Vitamin A: 1272.83IU (25.46%), Potassium: 863.04mg (24.66%), Magnesium: 87.52mg (21.88%), Phosphorus: 208.97mg (20.9%), Calcium: 205.96mg (20.6%), Copper: 0.39mg (19.56%), Vitamin E: 2.21mg (14.77%), Vitamin B6: 0.29mg (14.32%), Zinc: 2mg (13.34%), Vitamin B1: 0.19mg (12.67%), Vitamin B2: 0.12mg (6.97%), Selenium: 4.58µg (6.55%), Vitamin B5: 0.48mg (4.76%), Vitamin B3: 0.66mg (3.31%), Vitamin B12: 0.08µg (1.33%)