

# Farmhouse Italian White Beans and Peppers



Buttery white Great Northern or Cannellini beans anchor this meal. They're doused with Marinara Sauce and perked up with the bacon flavor of smoky tempeh. Then the savory beans are combined with seared sweet onion, and peppers. Each plate gets a garnish of shredded Parmesan.

A farmhouse Italian-style dinner served with wholesome artisan bread and a green side salad is tonight's fare.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients in bowls on the countertop so they're ready to add when you assemble this recipe. Today, you'll prep 4 T. (about 8 cloves) of garlic. You'll use 3 T. in the Marinara sauce, and divide the remainder between the salad dressing and the cooked peppers.

### Marinara Sauce

1 tsp. olive oil  
1 -1/2 T. garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes  
one 15 oz. can regular tomato sauce  
another 1/2 C. red wine

2 T. dry basil leaves  
1 T. dry oregano leaves  
a few dashes Tabasco sauce

1 tsp. olive oil  
another 1-1/2 T. chopped garlic  
another 2/3 C. red wine

### Bread, Salad and Dressing

#### Fixings for a green salad

#### Creamy Dill Dressing

1 peeled garlic clove  
2 sprigs fresh dill weed (each sprig about 3" long)  
pinch of salt  
2 T. rice wine vinegar  
3 T. olive oil  
3/4 C. nonfat yogurt

### Farmhouse Beans and Peppers

1 loaf artisan bread

4 slices smoky tempeh

1 tsp. olive oil  
1 C. sweet onion (sliced and quartered)  
3/4 C. red bell pepper (cubed into 1" pieces)  
3/4 C. green bell pepper (cubed into 1" pieces)  
1 clove garlic (smashed and chopped)

3/4 C. Marinara Sauce  
1/2 C. low-sodium vegetable broth

one 15 oz. can Great Northern or Cannellini beans (drained and rinsed)

#### Garnish:

4 T. shredded Parmesan

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by wrapping the bread in foil and placing in a 250° oven. Once you've made the Marinara Sauce, your meal is nearly complete.

### Marinara Sauce

1. Toss 1-1/2 T. of the chopped garlic in olive oil over medium-high heat until garlic starts to turn golden brown. Add ½ C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add tomato sauce (rinse cans with additional second 1/2 C. red wine and add rinsing wine to sauce.)
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown another 1-1/2 T. chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat.
6. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

### Farmhouse Beans and Peppers

1. Cook tempeh in toaster oven or under broiler for 5 minutes per side. Let cool and chop 4 pieces. Set aside.
2. Sear onions and pepper in hot oil until they begin to brown around the edges. Add the chopped garlic and toss until garlic becomes fragrant.
3. Measure Marinara Sauce and broth into pan with peppers and chopped tempeh. Toss until sauce returns to a boil. Add beans and toss until well mixed.

### Salads, Dressing and Plate

Make green salads on individual plates.

#### Creamy Dill Dressing:

Combine dressing ingredients in a food processor until creamy.  
Transfer to a serving pitcher.

#### Plate the meal:

Spoon 1-1/2 C. Farmhouse beans into shallow bowls or onto plates. Garnish with Parmesan.  
Serve salads and bread on the side.

### What I've Learned from this Recipe

I enjoy the flavor and satisfaction of home-cooked beans. But canned beans are a healthy choice and easier to use. (The heat of the canning process intensifies their phytonutrients.) Just drain and rinse canned beans before using.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)