

# ITALIAN BEAN ONE PAN

Makes 4 servings, Per Serving

Calories: 375 Fat: 15.9g, Carbs: 41.3 g Protein: 15.1 g

## INGREDIENTS

- 70 g raw cashews, soaked
- 200 ml water (plus more for soaking cashews)
- 1 tablespoon of olive oil
- 1 small onion, finely chopped
- 1 teaspoon of Bolognese herb blend (sub dried oregano or rosemary)
- 420 g cherry tomatoes, left whole (sub diced tomatoes)
- 3- 4 medium cloves garlic, thinly sliced or 1 Tbsp of minced garlic
- 3/4 tsp sea salt (plus more to taste)
- 120 ml dry white wine or sub water
- 2 (425 g) cans white beans (cannellini), drained and rinsed
- 120 g baby spinach
- 1 cup chopped fresh basil sub 2 tablespoons of dried basil
- Black pepper

## DIRECTIONS

1. **SOAK CASHEWS:** Add the cashews to a heatproof bowl and cover with hot water. Let them soak for ~15 minutes while you get started on the rest of your ingredients.
2. Heat a frying pan over medium heat. Once warmed, add the olive oil and onion. Sauté for ~2-3 minutes until the onion is translucent.
3. Add the whole cherry tomatoes, sliced garlic and salt. Cook for 2 minutes, then add the white wine (or water) and increase to medium-high heat. Cover the pan and let the tomatoes cook for 5-8 minutes. At this point, the skins on the tomatoes should have blistered. Remove the lid and turn the heat back down to medium. Use the back of your spoon or spatula to smash the tomatoes.
4. Add the white beans and stir, letting them sauté (uncovered) with the tomatoes until most of the liquid has evaporated – about 5 minutes.
5. **CASHEW CREAM:** Meanwhile, drain the cashews and add them to blender with the water. Blend on high until smooth and creamy.
6. Once the liquid has reduced from your tomatoes and beans, add the cashew cream and cook, stirring occasionally, until it's a thick, saucy consistency.

7. Turn off the heat and stir in the baby spinach and basil. Let it wilt before serving over cauliflower rice, pasta or crusty bread.
8. Garnish with an optional sprinkling of parmesan and black pepper! Enjoy hot.
9. Store leftovers in an airtight container in the refrigerator for up to 3-4 days or in the freezer for up to 1 month.