

Foodnity Recipes

One Pot Creamy Sundried Tomato White Beans Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1/2 cup sundried tomatoes, chopped
- [ ] 2 cans (15 oz each) white beans, drained and rinsed
- [ ] 2 cups vegetable broth
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp red pepper flakes (optional)
- [ ] 2 cups fresh spinach
- [ ] 1/4 cup grated Parmesan cheese
- [ ] Salt and pepper to taste

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the minced garlic and chopped sundried tomatoes, sautéing for 2-3 minutes until fragrant.
2. Add the white beans, vegetable broth, oregano, and red pepper flakes. Stir well and bring to a gentle simmer.
3. Let the mixture simmer for 10-12 minutes, stirring occasionally, until the beans are tender and the liquid has slightly thickened.
4. Stir in the fresh spinach and Parmesan cheese, cooking for another 2-3 minutes until the spinach is wilted. Season with salt and pepper to taste.
5. Remove from heat and let sit for 5 minutes before serving. Garnish with extra Parmesan or fresh basil if desired.

Nutrition per serving

280 kcal	12 g	40 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra creaminess, mash a few of the beans with a fork before adding the spinach.
- If using dry-packed sundried tomatoes, soak them in warm water for 10 minutes before chopping.
- This dish pairs beautifully with crusty bread or a simple green salad.