

# 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. The savory beans are combined with seared sweet onion and peppers. Each plate gets a garnish of shredded Parmesan.

This farmhouse Italian-style dinner, served with wholesome artisan bread and a green salad, offers cozy comfort-food dining.

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

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on the countertop so they're ready to add when you assemble this recipe. Today, you'll prep 5 cloves chopped garlic: 4 in Marinara sauce, 1 in the Farmhouse Beans. Also peel 1 whole clove for the salad dressing. Prep 2 different onion preps: 1/2 C. chopped for Marinara Sauce and 1 C. sliced in the Farmhouse Beans and Peppers. You'll use 1-2/3 C. red wine in the Marinara Sauce.

### Marinara Sauce

1 tsp. olive oil  
4 cloves garlic (smashed and chopped)  
1/2 C. red wine  
1/2 C. yellow onion (chopped)  
one 15 oz. can of no-salt tomato sauce  
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  
2 cloves garlic (from above)  
1 tsp. olive oil  
another 2/3 C. red wine

### Bread, Salad and Dressing

1 loaf artisan bread

#### Fixings for a green salad

#### Creamy Dill Dressing

1 whole 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

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

Once you've made the Marinara Sauce, you're well on your way to completing this meal.

### Marinara Sauce

1. Measure oil into a deep sauté pan. Add 1/2 of the garlic and stir over medium-high heat until garlic starts to turn golden brown.
2. Add 1/2 C. wine and bring to boil. Cook 1 minute.
3. Add onion and toss until wine is almost gone.
4. Add both cans of tomato sauce (rinse cans with additional 1/2 C. red wine and add to sauce.)
5. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10 minutes.
6. While sauce cooks, brown remaining garlic in olive oil. Add final 2/3 C. wine and cook over low heat for 2-3 minutes.
7. When the sauce in main pan finishes cooking, add additional wine and garlic reduction to the sauce. Remove large pan from burner.

**Preheat oven to 220°**

### 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 the onions 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. Add chopped tempeh. Toss until sauce returns to a boil. Add beans and toss until well mixed. Turn off burner.

### Bread, Salads, Dressing and Plate

- Wrap bread in foil and place in the preheated oven to warm.

- 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 on to dinner 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. However, canned beans are a healthy choice and easier to use. (The advantage is that the heat of the canning process intensifies the phytonutrients.) Just drain and rinse canned beans before using to reduce the salt content.

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