

Pasta with White Bean Sauce

A cheesy creamy white sauce with a hidden ingredient – beans! Serve hot over pasta, add cooked vegetables, or serve with grilled chicken for a delicious, filling dinner!

Yield:

4 servings

Ingredients:

1/2 cup chopped onion

1/8 teaspoon cayenne pepper or 1 chopped jalapeno or other hot pepper

1/4 teaspoon black pepper

2 tablespoons butter

2 cloves garlic, minced

1 tablespoon all-purpose flour

1 1/2 cups milk

1/4 cup water

2 teaspoons chicken base or 2 chicken bouillon cubes

2 cups cooked white beans (such as Great Northern) or one 15-ounce can, drained and mashed*

1 1/2 cups (6 ounces) shredded Mozzarella or Monterey Jack cheese

1/2 to 1 teaspoon salt (to taste)

Shredded Parmesan and/or fresh parsley, optional

8 ounces pasta, cooked according to package instructions

Instructions:

1. In a medium-large stock pot over medium heat, saute onion, cayenne or pepper, and black pepper in butter, until onion is soft. Add garlic and

stir. Add the flour and stir to coat, until flour is bubbly.

2. Add the milk, water, and chicken base while whisking briskly.

Continue to whisk and heat until mixture bubbles and thickens slightly.

3. Reduce heat and stir in beans, heating through. (See additional notes about blending the sauce for a smooth sauce.) Add cheese and stir until melted. Add salt to taste (we like about 1 teaspoon, but you may need less, especially if you started with canned beans!).

Serve hot sauce over freshly cooked pasta. Sprinkle with shredded Parmesan cheese or fresh parsley for garnish, if desired.

Serving suggestions: Grilled chicken or other grilled meat, cooked broccoli, cooked carrots, green salad.



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This recipe is from Tammy's Recipes.