

CREAMY BUTTER BEANS

*Vegan, 3 servings Prep time: 5 min Cook time: 15 min

Ingredients:

- ½ white onion, diced
- 4 cloves garlic, minced
- 1 can tomato paste 6 oz, no salt added
- 1 lemon juiced
- ¾ cup non-dairy milk
- ¼ cup low-sodium vegetable broth
- ¼ tsp. red pepper flakes
- 1 tsp. salt
- 1 can of butter beans or lima beans 16 oz , drained and rinsed
- Pita bread - whole wheat or low carb



Directions:

1. In a pan over medium heat, sauté the diced onion and garlic until translucent, approximately 3 minutes.
2. Add the tomato paste and stir, followed by the lemon juice and non-dairy milk. Mix until a sauce is formed, then add the red chili flakes, salt and pepper.
3. Pour in the vegetable broth and beans. Stir until the beans are coated. Serve with whole grain pita bread.

Optional: Serve with nutritional yeast and more salt and pepper as desired.

Nutrition Facts:

Calories: 485kcal, **Carbohydrates:** 102g, **Protein:** 21.2g, **Fat:** 3.3g, **Saturated Fat:** 0.6g, **Sodium:** 965mg, **Potassium:** 1269.3mg, **Fiber:** 12.9g, **Sugar:** 12g, **Vitamin A:** 1271.8IU, **Vitamin C:** 46.8mg, **Calcium:** 157.7mg, **Iron:** 5.8mg

County of Orange Health Coach: Rocio.Enriquez@Evernorth.com

