

Meal Maker Kit Shopping List

- 1 jar oil-packed sun-dried tomatoes
- 2 cans cannellini beans (15 ounces each)
- 1 container chicken or vegetable broth

Optional

- red pepper flakes
- garlic cloves
- dried oregano
- kosher salt
- May add - canned fruit, dessert item, or drink mix to provide a complete meal.



The Care Service

Sts. Joachim & Ann

Additional Information

- Place all items in a bag and attach the recipe below to the bag.
- The Care Service will provide perishable items needed for the recipe.
- Meal Maker Kits may be dropped off Monday - Friday, 8:30 am - 4:30 pm at The Care Service (4116 McClay Rd) or in the gathering space at Sts. Joachim & Ann Church.

Marry Me Beans

Ingredients :

- 1 tablespoon oil from jar of oil-packed sun-dried tomatoes, plus more for serving
- 4 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- ¼ cup packed chopped sun-dried tomatoes (drained)
- 2 cans (15 ounces each) cannellini beans, rinsed and drained
- ½ cup chicken or vegetable broth
- 1 teaspoon dried oregano
- ¼ teaspoon kosher salt, plus more to taste
- 2 tablespoons heavy cream
- ⅓ cup freshly grated Parmesan cheese, divided
- 2 teaspoons fresh lemon juice

Directions:

Sizzle the garlic and pepper flakes: Heat the oil in a medium pot, braiser, or deep skillet over medium heat. Add the garlic and red pepper flakes and sauté until sizzling and aromatic, 30 seconds to 1 minute.

Heat the beans.

Add the sun-dried tomatoes and stir. Then add the beans, broth, oregano, and salt and stir. Bring to a simmer, then roughly mash about ¼ of the beans for a creamier mixture. Use the back of a wooden spoon.

Add finishing touches and serve: Once the mixture is bubbling and heated through, reduce the heat to low and add the cream, about ⅔ of the Parmesan cheese, and lemon juice. Stir until the cheese is melted, then taste. Add more salt and/or lemon if needed. Top with a drizzle of additional sun-dried tomato oil, the remaining Parmesan.

Nutrition Facts:

1 serving: 536 calories, 12g fat, 77g carbohydrate, 32g protein.

Notes :

Total Time:
Prep: 8 min. Cook: 10 min.

Makes:
3 servings each



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