

White Bean Shakshuka



This well balanced recipe is a great source of fiber which helps with digestion and will keep you full and satisfied longer.



Nutrition Info

Makes: 36 fluid ounces
= 4 ½ cups
= 1065 milliliters (mL)

Calories: 920 kcal

Kcals/ mL: 0.86 kcal/ mL

Carbohydrate: 44%

Protein: 23%

Fat: 32%

Make it for the whole family:

https://www.budgetbytes.com/smoky-white-bean-shakshuka/?utm_content=bufferb91a&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer.

White Bean Shakshuka

Ingredients

- 1 cup 2% milk
- 1 cup canned, crushed tomatoes
- 1 cup fresh kale or other leafy greens
- ¼ cup fresh parsley
- 2 tablespoons sweet onion, chopped
- 1 clove garlic
- 1 cup canned cannellini beans, rinsed and drained
- 2 large eggs, hard cooked
- ¼ cup feta, crumbled
- 1 slice whole grain bread (approximately 100 calories per slice)
- 1 teaspoon olive oil
- ½ teaspoon paprika
- ¼ teaspoon ground cumin

Kitchen Gear

Can opener

Chef knife

Cutting board

High power blender

Measuring tools:

- 1 cup, ¼ cup
- Tablespoon
- Teaspoon, ½ teaspoon, ¼ teaspoon

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

Substitute cannellini beans with garbanzo or kidney beans.

Try using flaxseed or grapeseed oil.



For more recipes and information visit www.CookingForTubies.com
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