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White Bean Puree



Try this side dish instead of mashed potatoes. It's simple, delicious, and is high in fiber and protein.

Ingredients

- 1 can [Cannellini Beans](#), drained
- 1/2 cup chicken stock, or water
- 1 t chopped rosemary
- 1/2 T olive oil
- 1/8 cup Pecorino or Parmesan cheese
- Salt to taste

Instructions

1. Boil drained beans with stock, rosemary, and olive oil.
2. When hot remove and puree with stick blender.
3. Return to pot, add salt to taste and cheese; stir until melted