Cannellini Beans Tuscan Style

Description

There is nothing better than Cannellini Beans or Northern White Beans prepared in the Tuscan style from the northern region of Italy.

Summary

Yield: 6
Prep Time: 45 minutes
Category: Beans
Cuisine: Italian

Ingredients

- 1 1/2 cups dry cannellini beans or northern white beans
- 2 tbsps olive oil
- 4 cloves garlic, crushed
- 1 brown onion, chopped
- 1 medium tomato, diced
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1 tbsp tomato paste
- 2 tsp fresh rosemary
- 1 tsp kosher salt
- 1 tsp fresh ground pepper

Instructions

Add 4 cups of cold water with the beans in a 4 quart pot and bring to a full boil. Cover, remove from the heat and allow to stand for one hour (don't lift the lid). Drain and return the cannellini beans to the pot along with 2 1/2 cups of fresh cold water and 1 teaspoon of Kosher salt. Bring to a full boil, cover and simmer for 25 minutes. Drain the beans and return to the pot.

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Heat a skillet and add the olive oil, garlic and onion. Sauté until the onion is translucent and tender. Add the diced tomato and sauté for 3 more minutes. Add to the pot of beans along with the white wine, chicken stock, rosemary and tomato paste. Partially cover and simmer gently for 35 minutes until the beans are tender and a sauce has formed. If the sauce is still too thin, uncover and boil a few minutes longer to reduce the sauce. Salt and pepper to taste.

Allow the beans to stand uncovered for 5 minutes. Then ready to serve.