



[ThompsonsBeans.com](http://ThompsonsBeans.com)

## Italian Baked Beans

**Serves 6 – 8**

*An excellent source of Vitamin A, Thiamin, Niacin, Folate, and Iron. A Good source of Vitamin C, Riboflavin and Calcium.*

2 tbsp (25 ml) canola oil  
2 medium carrots, peeled and diced  
2 stalks celery, finely chopped  
2 cloves garlic, minced  
1 onion, finely chopped  
1 green pepper, finely chopped  
28 oz (798 ml) can diced tomatoes  
5.5 oz (156 ml) can of tomato paste plus one can water  
1 tsp each of dried basil, oregano and granulated sugar  
pinch of hot pepper flakes  
½ tsp (2 ml) salt  
¼ cup (50 ml) Parmesan cheese, divided  
4 cups (1 L) cooked white pea beans  
1 cup (250 ml) shredded mozzarella cheese  
1 cup (250 ml) fine dry breadcrumbs  
¼ cup (50 ml) chopped fresh parsley  
2 tbsp (25 ml) butter or margarine, melted

**Directions:** In a large pot or Dutch oven, heat oil. Add carrots, celery, garlic, onion and green pepper; saute 6 to 8 minutes or until vegetables are tender. Add tomatoes, tomato paste, water, basil, oregano, sugar, hot pepper flakes, salt and 2 tbsp (25 mL) of the Parmesan cheese. Bring mixture to a boil, reduce heat and simmer approximately 20 to 25 minutes or until thickened. Stir in white pea beans; cook 15 minutes longer. Transfer mixture to a lightly greased 9 x 13-inch (3L) baking pan. Sprinkle top of bean mixture with mozzarella. In a small bowl, combine breadcrumbs, parsley, butter or margarine and remaining Parmesan cheese. Sprinkle breadcrumb mixture evenly over top of casserole. Bake in a 375 F (190 C) oven for 20 to 30 minutes or until bubbling. \*Meat Alternative: Add Italian sausage or ham to mixture before baking.

### **Nutritional Info per serving**

Energy 359 kcal, Protein 17 g, Fat 11 g, Carbohydrates 50 g, Fibre 10 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.

*Recipe compliments of OntarioBeans.on.ca*