

# Italian Butter Bean Bake

Butterbean high-fiber lower carbohydrate alternative to pasta and bread products.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 15 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



## Ingredients

Olivio extra virgin olive oil	2 tablespoon
Whole clove garlic	0.5 x 4 pieces
Onion, white, yellow or red, raw	0.5 cup
Marinara sauce, store bought	2 cup
Lima beans, canned, drained	30 ounce
Salt, himalayan (pink)	1 dash
Garlic minced, garlic	2 x 1 tsp
Cashews, raw	0.25 cup
Bertolli extra virgin olive oil	0.25 cup
Black pepper, ground	1 dash
Coriander (cilantro, leaves, raw)	2 cup
Lemon, fresh	0.5 small - 1 7/8" diameter
Green peas, raw	4 tablespoon

## Instructions

1. Rinse and drain the Lima/butter beans. In a large Skillet over medium-high heat heat the 2 tbsp olive oil, then add 2 cloves garlic and onion. Sautee until the onion is translucent, about 3 minutes. Add the beans and cook stirring until they are heated through, 3 to 5 minutes. Add a dash of salt or more, to your taste.

2. Preheat the oven to 375 degrees Fahrenheit.

3. Transfer the beans to a 9in square baking dish and cover with the marinara sauce ( 2, 15 oz jars). Place spoon size dollops of pesto on top. See below for pesto recipe. Add the 4 tbsp fresh green peas on top. You can add more to your liking. Bake for 10 minutes on bottom rack of your oven. Feel free to add any vegan parmesan or shredded cheese if you and bake for another 3 to 4 minutes until melted.

Pesto:

1. Pulse the garlic in a food processor to mince it.

2. Add the cashews, cilantro herbs, and the lemon juice. Add the dash of salt, pepper, and pour the olive oil in. Turn the food processor on and mix in small chunks. Refrigerate the remainder if you do not use it immediately. It will keep in the fridge a day.