

RECIPE

Hero Vegetable: White Beans

White Beans with Bacon

Ingredients:

3 cups white beans
6 slices bacon, cut into 1-inch pieces
3 Roma tomatoes, diced with juice
1 small green bell pepper, diced
1 onion, diced
1 cup chicken stock
½ cup white wine
1 Tbs dried oregano
1 tsp salt
½ tsp white pepper

Directions:

Fry up the bacon until crisp then transfer to a plate. Remove all the bacon grease from the pan except for about two tablespoons. Sauté the onion, bell pepper, and tomato until the onion is translucent. Add the white wine scraping up the flavor bits from the bottom of the pan. Let the white wine reduce to half then add the oregano, salt, pepper, beans, and stock. Simmer for 10 minutes over medium heat. Add more salt and pepper if needed.