

Starters, Sides, and Complements

White Beans

** Gluten-Free*

The great thing about white beans is that they are such a versatile food. The ratios in this recipe are to taste. So have fun experimenting with the art of cooking. The white wine vinegar in this recipe is a key ingredient to really make the dish pop!

You'll Need

- Can of white beans
- Extra Virgin Olive Oil (EVOO)
- White wine vinegar
- Chicken Broth
- Salt and Pepper
- Oregano (optional)
- Cumin (optional)
- Tomato



Directions

- Drain beans and add to pot. Add EVOO and about 1/2 as much white wine vinegar. Add chicken broth, salt, pepper, oregano, and cumin. Stir beans.
- Dice the tomato and add to bean mixture. Turn stove onto medium and let cook with a lid on it.

Play With Your Food

- Add a different vegetable
- Change up the spices

Medwell Kitchen Tested