

Brothy Oven Baked White Beans

Prep: 15 minutes • Cook: 1 hour 45 minutes to 2 hours

Tender white beans simmered in the oven with garlic, thyme, and aromatics, yielding a deeply savory, sippable broth. Comforting yet light, it's a versatile, meal-prep friendly dish that's good to the last drop.

Ingredients

- 3 cups dried navy beans
- 2 heads garlic (tops trimmed to expose cloves)
- 1 large yellow onion (diced)
- 2 shallots (thinly sliced (optional))
- 7 cups vegetable broth
- 1/4 cup extra virgin olive oil
- 2 tablespoons tomato paste
- 3 sprigs fresh thyme
- 2 dried bay leaves
- 1 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- 1/4 to 1/2 teaspoon red pepper flakes

Instructions

1. Add dried beans to a large bowl, cover with plenty of water (beans can triple in size), and soak at room temperature overnight.
 2. Drain and rinse the soaked beans; transfer to a large Dutch oven. Position an oven rack so the lidded Dutch oven will sit roughly centered. Preheat oven to 375°F (190°C).
 3. Trim about 1/2 inch (1 cm) from the top of each head of garlic to expose the cloves.
 4. Add the garlic heads, diced onion, sliced shallots, vegetable broth, olive oil, tomato paste, thyme sprigs, bay leaves, salt, black pepper, and red pepper flakes to the pot; stir to combine.
 5. Cover with the lid and bake until the beans are tender, 1 hour 45 minutes to 2 hours.
 6. Using a slotted spoon or tongs, press the garlic heads against the side of the pot to release the soft cloves; discard the garlic skins, bay leaves, and thyme sprigs. Stir to mix the garlic into the broth.
 7. Taste and adjust seasoning with more salt and pepper as needed. Ladle beans and broth into bowls and serve (see notes for serving ideas).
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