

Creamy Tomato Butter Beans

Prep: 15 minutes • Cook: 15 minutes

Tender butter beans simmered in a smoky, garlicky tomato sauce enriched with vegan cream cheese, brightened with a splash of vinegar, and finished with fresh basil. A cozy, rustic 30-minute dish perfect as an appetizer, side, or hearty main with crusty bread.

Ingredients

- 2 tablespoons olive oil
- 1 large shallot (finely diced)
- 2-3 cloves garlic (minced)
- 2 tablespoons tomato paste
- 1/2 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon crushed red pepper
- 1 pint cherry tomatoes (halved)
- 1/2 teaspoon sea salt (divided; more to taste)
- 1.5 cups vegetable broth (low sodium if preferred)
- 2 (16-ounce) cans butter beans (drained and rinsed)
- 1 tablespoon white wine vinegar
- to taste black pepper (fresh-cracked)
- 1 cup kale (chopped)
- 3-4 tablespoons vegan cream cheese
- 3-4 tablespoons basil (fresh-cut)
- to serve crusty rustic-style bread (optional)

Instructions

1. Heat the olive oil in a medium pan over medium heat. When shimmering, add the shallot and sauté until translucent, about 1–2 minutes.
2. Add the garlic and sauté for 30–60 seconds until fragrant.
3. Stir in the tomato paste, crushed red pepper, smoked paprika, and dried thyme. Cook for 30–60 seconds.
4. Add the cherry tomatoes and 1/4 teaspoon of the sea salt. Gently simmer for 5–7 minutes, stirring occasionally, until tomatoes soften and release their liquid. Optionally mash tomatoes after about 4 minutes; the mixture should look thick and jammy. Lower heat if needed to prevent burning.
5. Add the vegetable broth, butter beans, white wine vinegar, black pepper, and the remaining 1/4 teaspoon sea salt. Raise heat to bring to a simmer, then lower to maintain a gentle simmer for 5–7 minutes, stirring occasionally, until

slightly reduced.

6. Stir in the kale and simmer until just wilted, about 1–2 minutes.

7. Lower the heat and stir in the vegan cream cheese until melted. If needed, gently simmer 1–2 minutes more to thicken.

8. Taste and adjust seasoning. Top with fresh-cut basil and serve with crusty bread.

Tags: Vegan, Gluten Free, Beans, Tomato, 30 Minutes, Comfort Food

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