

# High Protein Pizza Beans

Prep: 5 minutes • Cook: 15 minutes

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*Creamy butter beans simmered in garlicky marinara and crowned with bubbling mozzarella, with cottage cheese and Parmesan for lush richness. A fast, one-pan, pizza-inspired vegetarian dinner packing serious protein.*

## Ingredients

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- 1 tablespoon extra virgin olive oil
- 1 large (about 2 cups) yellow onion (thinly sliced)
- 1/4 cup tomato paste
- 4 cloves garlic (minced)
- 2 teaspoons dried oregano
- 1 jar (24 oz/680 g) marinara sauce
- 3 cans (15 oz/398 ml each) butter beans (drained)
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon black pepper
- 2 cups cottage cheese
- 1/3 cup Parmesan cheese (grated)
- 1 cup mozzarella (shredded)
- to taste fresh basil (for garnish)

## Instructions

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1. Position an oven rack so the top of your skillet sits about 4 inches (10 cm) below the broiler; set oven to broil.
  2. In a large oven-safe skillet, heat 1 tablespoon extra virgin olive oil over medium heat. Add the thinly sliced yellow onion and cook until golden around the edges, about 5 minutes.
  3. Add the tomato paste and cook, stirring frequently, until slightly darkened in color, 1 to 2 minutes.
  4. Add the minced garlic and dried oregano; cook, stirring continuously, for about 30 seconds until fragrant.
  5. Pour in the marinara sauce, scraping up any browned bits. Stir in the drained butter beans, fine sea salt, and black pepper; bring to a gentle simmer.
  6. Stir in the cottage cheese and grated Parmesan; taste and adjust salt if needed.
  7. Scatter the shredded mozzarella over top. Broil until the cheese is golden and bubbling, about 1 to 3 minutes, watching carefully.
  8. Garnish with fresh basil (optional) and serve hot.
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**Tags: Vegetarian, High Protein, One Pot, Gluten Free, Beans, Quick Weeknight**

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