

Marry Me Butter Beans (Creamy Tomato Basil Butter Beans)

Prep: 15 minutes • Cook: 20 minutes

Tender butter beans in a luxurious sun-dried tomato and basil cream with bright lemon and umami-rich vegan parmesan—silky, comforting, and deeply savory. Ready in about 35 minutes, it's a weeknight-friendly stunner that wins over bean skeptics.

Ingredients

- 1–2 tablespoons olive oil or vegan butter (or use seasoned oil from the jar of sun-dried tomatoes)
- 1–2 teaspoons Calabrian chili paste (optional, to spice preference)
- 2 shallots or 1 small onion shallots or small onion (finely diced)
- 2–4 cloves garlic (minced)
- 1/2 teaspoon paprika
- 1/3 cup sun-dried tomatoes (chopped; oil-packed recommended)
- 2 tablespoons tomato paste
- 1 cup vegetable broth (chick'n-style recommended)
- 1/2 teaspoon Italian seasoning
- 2 (16 oz) cans butter beans (drained and rinsed)
- 2 loosely packed cups kale or spinach (sliced)
- 1 cup cashew cream (or other nondairy cream)
- 1/4 cup vegan parmesan (shredded; or sub 3 tablespoons nutritional yeast)
- 1/4 cup fresh basil (chopped, plus extra to garnish)
- 1/2 lemon (about 1 tablespoon) lemon juice
- to taste salt
- 1/2 cup raw cashews (for cashew cream) (soaked 4+ hours or overnight)
- 2/3 cup water (for cashew cream) (fresh or hot, for blending)

Instructions

1. Prepare the cashew cream: Drain the soaked cashews and blend with 2/3 cup fresh water until completely smooth; set aside.
2. Heat 1–2 tablespoons olive oil or vegan butter in a large skillet over medium heat.
3. Add optional Calabrian chili paste, finely diced shallots (or small onion), minced garlic, and paprika; sauté 3–5 minutes until the shallots are translucent.
4. Stir in chopped sun-dried tomatoes and tomato paste; cook 1–2 minutes, breaking up the paste, until it darkens to a brick-red color (add a splash of water if sticking).

5. Pour in the vegetable broth and add Italian seasoning, drained and rinsed butter beans, and sliced kale (or spinach).
6. Bring to a simmer, reduce heat slightly, cover, and simmer about 5 minutes until the greens are wilted.
7. Stir in cashew cream and shredded vegan parmesan (or nutritional yeast) and return to a gentle simmer; cook until the sauce thickens to your preferred consistency.
8. Stir in chopped fresh basil and the lemon juice.
9. Taste and adjust salt to preference. Serve hot, ideally with crusty bread, or over pasta or rice.

Tags: Vegan, Dinner, Beans, Italian Inspired, One Pot, Dairy Free

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