



These waffles, moist with an herbed bean puree, are equally suited for breakfast with honey as they are for dinner with chili.

Yield: 6 large waffles

Timing: Prep Time = 10 minutes

Total Time = 45 minutes



Ingredients

For the beans:

- 1 (15-oz) can of cannellini beans, drained and rinsed (approximately 10 oz drained, cooked beans)*
- ½ cup chicken broth*
- 1 tbsp chopped fresh rosemary*
- 1 tsp sea salt*
- Freshly ground pepper, to taste*
- 1 lemon, zested*

For the waffles:

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| <i>7 ½ oz all-purpose flour</i> | <i>¾ cup whole milk</i> |
| <i>1 tbsp baking powder</i> | <i>¾ cup buttermilk</i> |
| <i>1 tsp sugar</i> | <i>1 tbsp olive oil</i> |
| <i>½ tsp sea salt</i> | <i>Honey, to serve (optional)</i> |
| <i>1 large egg</i> | |

Method of Preparation (Instructions)

Preheat a traditional or Belgian waffle iron.

In a small pot, combine the drained beans, rosemary, and chicken broth. Season with salt and pepper and bring to a simmer over medium-high heat. Reduce the heat and continue to simmer for approximately 5 minutes to meld the flavors. Stir in the lemon zest and then remove from the heat and allow the beans to cool to room temperature.

Meanwhile in a large mixing bowl combine the flour, baking powder, sugar, and ½ tsp salt.

Add the beans and their cooking liquid to a food processor and pulse to puree. Add the egg, milk, buttermilk and olive oil to the bean mixture and puree until smooth. Whisk the wet mixture into the dry slowly to avoid any lumps. Let the batter rest briefly (2-3 minutes) and cook the waffles according manufacturer's instructions, about 2 minutes. Serve warm, with honey if desired.

Utensils/Equipment Needed

Waffle Iron
Pot
Food processor
Whisk
Mixing bowl