



OPEN THE POSSIBILITIES

Recipe Contest Winning Recipe

Creamy Cannellini Bean Macaroni Bake



This dish blends creamy cannellini beans with spices and pasta to make a flavorful, protein- and fiber-packed meal. You can easily adjust this recipe to make it vegan, dairy-free, or gluten-free.

Yield: 6 servings of 1.5 cups per serving

Timing: Prep Time = 45 minutes Total Time = 1 hour 30 minutes



Ingredients

Sauce:

- 2 (15 oz.) cans cannellini beans, undrained
- 1/3 cup nutritional yeast
- ¼ cup cooking oil like canola, sunflower, or safflower oil
- 2 tsp. onion powder
- 1 tsp. salt
- ¾ tsp. white pepper, fine ground
- ½ tsp. garlic powder
- ½ tsp. paprika
- ¼ tsp. cayenne pepper (optional)

Filling:

- 1 (16 oz) package elbow macaroni, cooked until tender but still firm, and drained.
- 1 Tbsp. cooking oil
- 1 cup frozen peas

Topping:

- 1 cup panko breadcrumbs
- 1/3 cup (5 Tbsp) butter or margarine

Method of Preparation (Instructions)

1. Preheat oven to 350-degrees Fahrenheit.
2. Grease a butter a 13" x 9" x 2" baking pan.
3. Cook pasta according to package directions, but only until tender yet firm. Place a colander in the sink and drain pasta. Return to pan. Stir in 1 Tbsp. of cooking oil to prevent clumping.
4. Place all sauce ingredients in the blender or food processor and blend 3-5 minutes until creamy.
5. Pour sauce over the cooked pasta and stir gently until well blended.
6. Add frozen peas and stir gently to distribute them.
7. Spread evenly in a greased baking dish.
8. Melt butter or margarine in a 2-quart saucepan on low heat. Remove from heat and stir in breadcrumbs until well coated with butter.
9. Sprinkle buttered breadcrumbs evenly on top of the pasta dish.
10. Cover with aluminum foil and bake for 20 minutes.
11. Uncover and bake for an additional 15-20 minutes until the mixture is slightly bubbling on the sides and lightly browned on top.

Optional: Add 1 cup grated sharp cheddar cheese and/or a can (6 oz.) of drained light tuna to the noodles along with the sauce for an even heartier dish.

Utensils/Equipment Needed

Electric blender or food processor

8-quart stock pot

1-quart saucepan

13.5" x 9.5" x 2" baking pan

Colander

Dry ingredients measuring cup

Wet ingredients measuring cup

Measuring spoons

Large mixing spoon