






Cannellini Bean & Cauliflower Alfredo

 **Prep:** 45 minutes
 **Cook:** 45 minutes
 **Servings:** 16 - ½ cup servings

INGREDIENTS

8 cups cauliflower florets,
roughly chopped (about 24
ounces or 1 head large head of
cauliflower)

Salt and pepper to taste

3 tablespoons olive oil (*divided*)

2 small shallots, *roughly chopped*

2-3 cloves of garlic, *sliced
or roughly chopped* (adjust
according to preference, I often
use much more than this)

2 (15.5 cans) cannellini beans
(*drain one and reserve liquid
from the second*)

⅓ cup chicken stock (okay to use
alternative stock if you're not
making the recipe vegan)

⅓ cup whole milk

1 teaspoon mild chili powder

¼ teaspoon nutmeg

8 ounces parmesan cheese

1 cup sundried tomatoes

1 pound pasta of choice,
prepared according to package

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with tin foil or parchment paper and set aside.
3. Add cauliflower to a large mixing bowl, add 1 tablespoon of olive oil, salt and pepper and toss.
4. Transfer cauliflower to baking sheet and roast until cauliflower has softened and begun to brown, about 15 minutes.
5. Remove cauliflower from oven and allow to cool.
6. While the cauliflower is roasting, heat a small sauté pan with 1 tablespoon of olive oil over medium heat.
7. Add the shallots and garlic and sauté until slightly softened and aromatic, about 3-5 minutes.
8. Remove pan from heat and allow shallots and garlic cool.
9. Add cooled shallots and garlic to a blender or food processor with beans, stock, milk, chili powder, nutmeg and last tablespoon of olive oil. Blend until ingredients are completely pureed and smooth.
10. Heat a large Dutch oven or pot over medium heat and add bean and cauliflower mixture. Simmer while stirring regularly to prevent the bottom from scalding.
11. Once the mixture has heated through and slightly thickened, about 15 minutes, add the parmesan cheese and stir constantly until all the cheese has melted and the mixture appears uniform. Season as desired.
12. While the alfredo is still warm, add roughly 4 cups (about half the recipe*) to 1 pound of cooked pasta and stir until pasta is completely coated.
13. Add sundried tomatoes (and/or additional mix-ins) and stir to combine.

* Freeze remaining ½ recipe in an airtight container for up to one month.

Nutrition Information per serving (without optional cheese or tuna)

Calories 184

Total Fat 7g

Saturated Fat 2.7g

Carbohydrate 22g

Fiber 3g

Sugars 3g

Protein 10g

Calcium 167mg (13%)

Iron 1mg (8%)

Potassium 333mg (7%)



**Canned
Beans**

OPEN THE POSSIBILITIES