



## White Bean and Tomato Ragout

Turn one can of beans and a few fridge/pantry staples into a delicious meal. Great topped with a piece of chicken, a soft boiled egg or roasted vegetables.

1 onion - diced

2 cloves of garlic - minced

1 can of white beans (you can swap for what you have on hand, but the tender creaminess of cannellini are my preference for this dish)

1/2 container of cherry tomatoes - halved

1/2 red bell pepper - diced (optional)

Pinch of red chili flakes

1 tbsp tomato paste

1 cup broth or water

Fresh herbs - truly anything works!

Balsamic Vinegar

Saute the onion and bell pepper over medium heat in your oil of choice. Cook, stirring often, until onion becomes translucent but not browned. Lower the heat and add the garlic, tomato paste and red chili flakes. Stir constantly to prevent burning. Once the garlic becomes fragrant, about 30 seconds, add the cherry tomatoes, broth and drained white beans. Simmer for 5 to 10 minutes on low heat until the flavors have married and beans have heated through. Season with salt and pepper to taste. Add in the fresh herbs and a splash of balsamic vinegar to finish.