# Whiteboard  Description automatically generated with low confidence

# White Bean Puree

# Serves 4

# Difficulty- Easy

# Cooking Time 10 minutes

# Dairy free, Gluten free, Vegetarian, Vegan

# Ingredients

## 1 x 440 gm tin Cannellini beans (drained)

## 2 cloves Garlic

1 tsp Ground Cumin roasted

Lemon juice to taste

1 tbsp of Olive Oil

Seasoning (salt and cracked black pepper)

Freshly chopped Italian parsley

**Method**

In a heavy based pan, sauté garlic in the olive oil.

Add the cumin.

Add the beans, cook for a further 2 minutes, allow to cool.

Blend until smooth.

Add lemon juice and seasoning to taste.

Finish with freshly rough chopped flat leaf parsley to taste

**Uses**

* This is a great alternative to mashed potato to serve with vegetables and protein
* Is a great base as a dip, mix some chermoula or your garden made pesto through it
* Add some dollops in to thicken a soup or sauce to keep it gluten free
* Warm and top with sauteed mushrooms, cherry tomato’s and/ or avocado, asparagus etc for a healthy, tasty breakfast or lunch dish