



Mama P's Recipes

Organic Gourmet Seasonings



Mama's Cannellini Bean & Garlic Recipe

Made with [Mama Patierno's Italian Seasoning](#)

If you love [Mama's Pasta Fagioli Soup recipe](#), you'll love this as a quick side dish with your meal or as a great dip for your Italian bread.



Ingredients:

- 15 ounce can of low sodium Cannellini Beans
- 4-6 garlic cloves minced to taste
- ½ sweet onion minced
- 2 tbs extra virgin olive oil
- Black pepper
- Sea Salt
- 1 tbs Mama's Organic Italian Seasoning (or more or less to taste)
- 3 Fresh sage leaves or 1 to 1 1/2 tsp of dried sage
- ¼ to ½ cup low sodium chicken broth
- 1 tbs grated parmesan cheese

How to Make:

- Add olive oil, minced garlic, and onion to a small pot and on low heat cook until the garlic and onion are softened
- Add 1 15 ounce drained can of Cannellini Beans

- Add 1 teaspoon sea salt or more to taste
- Add 1 teaspoon of black pepper or more to taste
- Add 1 tbs Mama's Italian Seasoning
- Add 3 Fresh sage leaves or 1 to 1 1/2 tsp of dried sage
- Add the chicken broth and stir
- Let simmer for 15 minutes stirring occasionally
- Add 2 tbs of grated parmesan cheese and stir and let simmer for 5 minutes
- Remove from heat, sprinkle some parsley on top, serve and enjoy!

Other Options:

- Crush about 20 % of beans before adding, then mix with ½ cup low sodium chicken broth and add; and/or...
- ½ to 1 tsp crushed fine red pepper to kick it up a notch... and/or...
- Goes great on Italian or French Bread slices

