



# Recipes

## Beans

### Pureed Navy Beans

*Prep Time: 15 minutes*

*Yield: 4 servings*

**Ingredients:**

2 cans navy beans, drained  
1 medium onion, chopped  
6 cloves garlic, chopped  
1 teaspoon chopped fresh rosemary  
1 + 2 tablespoons vegetable broth  
salt and black pepper to taste

**Directions:**

1. Chop onions and garlic.
2. Heat 1 TBS broth in a 10-inch stainless steel skillet. Sauté onions in broth over medium heat for 5 minutes stirring frequently, until translucent. Add garlic and continue to sauté for another minute stirring constantly.
3. Add beans, rosemary and the remaining 2 TBS of broth. Cook for another 5 minutes.
4. Puree in blender making sure you don't fill more than half full, and start on low speed. You will have to stop the blender a couple times and scrape the sides with a rubber spatula. Season with salt and pepper.