

Easy Vegan Brothy Beans–Tried & True Recipes

Servings: 4 | Cook time: 35 minutes

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INGREDIENTS

- 8 ounces mushrooms, sliced or torn depending on the variety
- 1 tablespoon extra virgin olive oil
- 1 yellow onion, peeled and minced
- A pinch of dry thyme to taste
- 4 cloves garlic, peeled and minced
- 2 teaspoons Calabrian chili peppers in oil, or use crushed red pepper flakes to taste
- 1 tablespoon tomato paste
- 15-ounce can cannellini beans
- 1 pint cherry tomatoes or use a 15-ounce can of diced tomatoes
- 4 cups water, plus more if needed
- 8 ounces orzo, or other small pasta
- 10 basil leaves, roughly chopped; a few leaves reserved for garnish
- 1 lemon, juiced
- Salt and pepper to taste

METHOD

Cook the onion and mushrooms:

- Place a pot on a burner over medium heat. Add the mushrooms to the dry pot and cook for 5–7 minutes until they release excess water. Cook for an additional 5 minutes until lightly browned. Season with salt and pepper.
- Add the 1 tablespoon extra virgin olive oil to the pot of mushrooms along with the diced onions. Cook for 5–7 minutes.
- Add the thyme, garlic, and Calabrian chili peppers. Cook for 1 minute until fragrant. Add tomato paste, if using, and cook for 1 minute.

Cook the beans and pasta:

- Add the beans, tomatoes, and 4 cups water. Bring to a boil and season liberally with salt. Once boiling, add the orzo. Reduce heat to a low bowl (medium to medium-high, depending on your stove). Simmer, occasionally stirring, for 8–12 minutes until the orzo is al dente. Taste and season.

Finish the beans:

- Add the chopped basil and lemon juice to the pot. Turn off the heat.
- To serve:
- Divide the cooked beans and pasta between bowls. Serve with black pepper and more fresh basil, if you like.