
Pizza Beans

Adapted from: Minimalist Baker

Number of servings: 4-8 (side or entrée, respectively)

Ingredients

Cheese sauce

- 1 cup of raw cashews
- $\frac{3}{4}$ cup of water
- 1.5 TBS of lemon juice (just under $\frac{1}{2}$ of a lemon)
- 4 TBS of nutritional yeast
- 3 TBS of tapioca starch/ flour
- small pinch of sea salt ($\frac{1}{8}$ tsp)

Beans

- 6 cloves of garlic, minced
- 1.5 TBS of grilled herb seasoning or other Italian seasoning blend
- optional: $\frac{1}{4}$ tsp of chili flakes or powder
- water or oil for sautéing
- 1 (15oz) can of crushed tomatoes
- $\frac{1}{4}$ cup of water
- $\frac{1}{2}$ cup of tomato sauce
- 3 cans of white beans, rinsed and drained
- optional for serving: chopped basil

Directions:

- If you do not have a high-speed blender like a vitamix, I recommend soaking your cashews in hot water first before doing anything else so that they are softened for when you make the cheese sauce.
- Heat a large cast iron skillet.
- Add oil, garlic and herb seasoning to heated skillet and sauté until aroma is fragrant
- Add tomatoes, tomato sauce, $\frac{1}{4}$ cup of water and white beans.
- Reduce to medium-low heat, cover, and let cook for 15-20 minutes until it becomes bubbly.
- While the beans are simmering, combine all the cheese sauce ingredients to a blender and blend until completely smooth.
- Once the beans are cooked, remove from heat.
- Pour the cheese sauce over the beans, covering evenly.

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- Cover the skillet and allow the whole dish to steam which will allow the cheese to firm up a little. Set the oven to broil.
 - Add the skillet to the broiler for about 3 minutes until the cheese darkens a little bit.
 - Garnish with basil, if using.
 - Serve w/ salad or roasted vegetables.

Notes:

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