

# BROTHY BEANS WITH GARLIC & PARMESAN

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COOK TIME: 30mins

SERVES: 4

CALORIES: 455 kcal (PER SERVING)

## INGREDIENTS

2 cans (400 g/14 oz) butter beans, not drained  
1 can (400 g/14 oz) fava beans, not drained  
6 garlic cloves, minced  
3 tbsp olive oil  
1 tbsp butter  
60 ml (1/4 cup) dry white wine  
400 ml (1 1/2 cups) chicken or vegetarian broth  
40 g (1.4 oz) grated Parmesan  
2 tbsp lemon juice  
2 tbsp chopped parsley  
1 tsp red pepper flakes, more for serving  
1/2 tsp each: cumin seeds, fennel seeds  
salt + black pepper  
chili oil, for serving (optional)

### \*SAGE BREADCRUMBS

1/2 cup breadcrumbs  
1 tsp dried sage  
1/4 tsp salt  
1/2 tsp black pepper

## DIRECTIONS

Heat 2 tbsp oil in a stew pot. Add breadcrumbs. Cook over medium-high heat, while tossing frequently, until crunchy and golden brown, about 5 minutes. Season with sage, salt and black pepper. Transfer the breadcrumbs onto a plate.

In the same pot, lower the heat. Add 1 tbsp olive oil and butter. Cook garlic until soft, about 2 minutes. Stir in fennel seeds, cumin and red pepper flakes. Pour in white wine, simmer for 1-2 minutes. Add beans, broth and lemon juice, simmer for 10-15 minutes. Finish off with parsley and a generous amount of black pepper. Taste and adjust salt.

Top with sage breadcrumbs and lots of grated Parmesan. Sprinkle with chili oil, if desired. Serve with some crusty bread. Enjoy!

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