

Pizza Beans / Tomato and Gigante Bean Bake

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-gigante-beans-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 large onion chopped
- 2 celery stalks diced
- 1 carrots large or 2 regular, diced
- salt
- freshly ground black pepper
- 2 large garlic cloves minced
- 1/4 cup red wine or dry white, optional
- 4 ounces kale leaves curly, chopped or torn
- 2 1/4 cups crushed tomatoes 28-ounce or 800-gram can minus 1 cup; reserve the rest for another use
- 1 pound giant white beans cooked firm-tender
- 3/4 cup vegetable broth
- 1/2 pound mozzarella coarsely grated
- 1/3 cup grated Parmesan
- 2 tablespoons fresh flat leaf parsley roughly chopped, for garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 5 grams
8. Sodium: 530 milligrams
9. Sugar: 2 grams

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