

# Baked Scarlet Runner Beans.

Yield: 7 min  
Total Time: 85 min

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

## Ingredients:

- 1 cup runner beans dried scarlet, soaked overnight, reserve 1 c. bean cooking water
- 1 bay leaf
- 2 tablespoons olive oil divided
- 1 cup Vidalia onion chopped
- 1 cup tomato sauce
- 1 cup cherry tomatoes
- 2 cloves garlic smashed and roughly chopped
- 1/4 cup fresh parsley roughly chopped
- 1 teaspoon smoked paprika
- kosher salt
- pepper
- 1 cup breadcrumbs
- croutons

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 23 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 410 milligrams
8. Sugar: 6 grams

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