

# Smoky Turkish Cannellini Beans

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-cannellini-beans-recipe>

## Ingredients:

- 1/2 pound cannellini beans dried, great northern beans work as well
- 2 tablespoons kosher salt divided
- 1 onion peeled and quartered, root end intact
- 3 cloves garlic peeled whole
- 1 bay leaf
- 1 carrot
- 1 bunch celery hearts
- 2 ribs
- 1 tablespoon olive oil
- 1 yellow onion diced
- garlic cloves Reserved, from bean cooking liquid, mashed, if available
- 1 garlic clove minced
- 2 tablespoons smoked paprika
- 1/2 tablespoon cumin
- 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon cayenne pepper
- 10 3/4 ounces tomato puree
- 1 cup broth reserved bean, or vegetable broth
- cannellini beans Cooked
- 1/2 tablespoon lemon juice optional
- salt
- pepper

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 100 milligrams

4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 9 grams
8. Sodium: 4380 milligrams
9. Sugar: 7 grams

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