

Beans, Rice And Everything Nice

White Bean Pesto



beansriceeverythingnice.weebly.com

Ingredients

- 1 - 2 cloves garlic
- Zest and juice of 1 lemon
(about 1/3 cup lemon juice)
- 1 packed cup fresh basil leaves
- 1 packed cup fresh Italian parsley,
leaves and tender stems
- 2 cups cooked or 1 can white kidney or
Cannellini beans, drained and rinsed
- 1 - 2 Tablespoons tamari
- 2 Tablespoons nutritional yeast (optional)
- 1/8 teaspoon crushed red pepper flakes
(optional)

Put everything in your food processor and process until smooth. If your food processor is a little small, process the lemon zest and juice, garlic, basil and parsley first, then add the rest of the ingredients and process again until smooth. Stop the processor to scrape down the sides as needed.

Transfer to a serving bowl and serve.

To make a great quick pasta meal, start cooking your pasta according to the package instructions, and make the pesto while it's cooking. Drain the pasta when ready, give it a quick rinse in warm water, return it to the cooking pot and mix in the pesto. I use the whole pesto recipe for a 454 gram / 1 pound bag of pasta. Makes 4 servings.