



## Cheesy Pizza Beans (Vegetarian)

The whole family will love this dish that satisfies like pizza, without the starchy crust. High-protein beans are tossed in a flavorful tomato sauce, topped with low fat mozzarella and baked until bubbly. The tomatoes and spinach supply plenty of vitamin A, too. Suitable for vegetarians. Approximate preparation time: 30 minutes.

### Ingredients

- 2 TBSP oil (olive oil or vegetable oil)
- ½ onion, diced
- 3 garlic cloves, thinly sliced or 1 tsp. garlic powder
- 1 6-ounce can tomato paste
- 1 14.5-ounce can diced tomatoes with liquid
- 3 cups baby spinach leaves or
- 1 cup frozen chopped spinach
- 1 cup water
- 1 tsp. salt
- ½ tsp. hot pepper flakes (optional)
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 3 15.5-ounce cans small white beans, drained
- 1 cup (4 ounces/120g) grated part-skim mozzarella cheese
- ¼ cup (1/2 ounce/15g) grated parmesan cheese

Preheat oven to 475 degrees. In a 10-inch deep frying pan, heat oil over medium-high heat. Add onion and garlic, cook a few minutes until onion softens. Stir in tomato paste, cook and stir for another minute. Add spinach, tomatoes, water, salt, pepper flakes, oregano and basil. Cook and stir until fresh spinach is wilted and cooked (or frozen spinach has thawed and is heated through). Add white beans, stir well and bring to a simmer. Once everything is hot and simmering, top with mozzarella and parmesan and immediately transfer to the hot oven. Bake about 10 minutes until cheese is bubbly and starting to brown. Makes 6 servings.

### Nutrition information per serving:



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