

Creamy Italian White Bean Skillet

Serves 4

Time 30 minutes

Vegan

Common Allergens Tree Nuts

Recipe from [Minimalist Baker](#)

Ingredients

- ½ cup raw cashews, soaked
- 1 ¼ cup water (plus more for soaking cashews)
- 2 tablespoons olive oil
- 1 medium shallot, minced (1 shallot yields ~40 g or ¼ cup)
- 4 cups cherry tomatoes, left whole
- 4-5 medium cloves garlic, thinly sliced (4-5 cloves garlic yield ~2 ½ tablespoons or 30g)
- ½ teaspoon red pepper flakes (optional)
- ¾ teaspoon salt (plus more to taste)
- ½ cup dry white wine or sub water
- 2 (15 oz.) cans white beans, drained and rinsed
- 4 cups baby spinach
- 2 tablespoons chopped fresh basil

FOR SERVING optional

- Pasta or Crusty Bread
- Vegan parmesan cheese
- Black pepper



Instructions

1. **SOAK CASHEWS:** Add the cashews to a heatproof bowl and cover with hot water by at least 1-2 inches. Let them soak for ~15 minutes while you get started on the rest of your ingredients.
2. Heat a large rimmed skillet over medium heat. Once warmed, add the olive oil and minced shallot. Sauté for ~2-3 minutes until the shallot is translucent.
3. Add the whole cherry tomatoes, sliced garlic, red pepper flakes (optional), and sea salt. Cook for 2 minutes, then add the white wine (or water) and increase to medium-high heat. Cover the pan and let the tomatoes cook for 5-8 minutes. At this point, the skins on the tomatoes should have blistered. Remove the lid and turn the heat back down to medium. Use the back of your spoon or spatula to smash the tomatoes.
4. Add the drained and rinsed white beans and stir, letting them sauté (uncovered) with the tomatoes until most of the liquid has evaporated — about 5 minutes.
5. **CASHEW CREAM:** Meanwhile, drain the cashews and add them to a high-speed blender with the water. Blend on high until smooth and creamy.
6. Once the liquid has reduced from your tomatoes and beans, add the cashew cream and cook, stirring occasionally, until it's a thick, saucy consistency.
7. Turn off the heat and stir in the baby spinach and basil. Let it wilt before serving over pasta or with a side of crusty bread (both optional)! Garnish with an optional sprinkling of vegan parmesan and black pepper! Enjoy hot.
8. Store leftovers in an airtight container in the refrigerator for up to 3-4 days or in the freezer for up to 1 month.

Vegan Chorizo Crumbles

Serves 4

Time 30 minutes

Vegan

Recipe from [Cinnamon Snail](#)

Common Allergens Soy

Ingredients

- 14 oz. extra-firm tofu
- ¼ cup olive oil, vegetable oil, or coconut oil
- ½ cup red onion, minced
- 2 teaspoons garlic, minced
- ¼ cup water
- 2 tablespoons tomato paste
- 2 tablespoons tamari
- ½ teaspoon liquid smoke
- 1 tablespoon lime juice or apple cider vinegar
- 1 tablespoon Mexican chili powder
- 1 ½ teaspoons smoked paprika
- 1 teaspoon chipotle powder
- 1 teaspoon oregano
- ½ teaspoon ground black pepper
- ¼ teaspoon cumin
- ½ teaspoon coriander
- ⅛ teaspoon ground cloves



Instructions

1. Place the tofu between two clean, dry kitchen towels, and place a heavy weight over it for 15 minutes to remove the excess water. You can also use a tofu press if you have one.
2. Heat the olive oil in a large skillet over medium-high heat. Once the oil is hot, crumble the tofu into the skillet. Sauté the crumbled tofu for 8-9 minutes, stirring occasionally, until the tofu starts to get a little brown and crispy all over.
3. Add the minced red onion and garlic to the skillet. Stir well and cook for another 3-4 minutes, or until the onion softens and becomes fragrant.
4. In a small bowl, using the tines of a fork, mix the water, tomato paste, tamari, liquid smoke, lime juice, chili powder, paprika, chipotle, oregano, pepper, cumin, coriander and cloves until well combined.
5. Pour the seasoning mixture over the tofu in the skillet. Stir everything together, making sure the tofu is evenly seasoned.
6. Continue to cook the mixture over medium heat for about 6 minutes. You want to stir occasionally to prevent sticking and ensure the flavors are well blended. The mixture should become fragrant and deepen in color.
7. Once the vegan chorizo is cooked and the spices have been absorbed into the tofu, take the skillet off the heat. Let it cool slightly before using it in your favorite dishes.

Notes

- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari
- Aim for variety in crumble sizes after pressing the tofu dry. This mimics the authentic texture of chorizo, adding to the dish's realism.
- Using a Dutch oven or a thick-bottomed pot minimizes splatter and reduces cleanup time.
- Allow the chorizo to rest after cooking to enhance its flavor.