

White Bean and Fennel Linguine Sauce (“366 Delicious Ways to Cook Rice, Beans, and Grains” Andrea Chesman)

Yield: 4 servings

1 Tbsp extra virgin olive oil
1 fennel bulb, julienned
1 red bell pepper, julienned
3 garlic cloves, minced
¼ tsp hot red pepper flakes
1 ½ cups cooked cannelloni or Great Northern beans
2 cups high-quality chicken or vegetable broth
2 Tbsp half-and-half
½ cup chopped fresh parsley
2 Tbsp chopped fresh basil
salt and freshly ground black pepper
1 lb linguine

Heat the olive oil in a large nonstick skillet over medium heat. Add the fennel and bell pepper, and sauté until translucent, about 4 minutes. Add the garlic, red pepper flakes, and beans, and continue to sauté for another 3 minutes. Reduce the heat to low and add the broth, half-and-half, parsley, and basil. Season with salt and pepper to taste.

Meanwhile, cook the linguine in plenty of boiling salted water until al dente. Drain the pasta and toss with the bean mixture. Serve at once.