



Smoked Paprika Beans with Rosemary & Olives

diabetesfoodhub.org

Smoked Paprika Beans with Rosemary & Olives is a flavorful and aromatic dish that combines the smokiness of paprika with the earthy notes of rosemary and the salty richness of olives. This diabetes-friendly side dish will take your beans to the next level and is easy enough to prepare for a weeknight meal.

Servings: 12 → 48

PREP TIME

5 MIN

COOKING TIME

30 MIN

TOTAL TIME

35 MIN

Ingredients

7 pounds 12 ounces great northern white beans, canned, drained and rinsed
1 cup Kalamata olive, pitted and chopped
8 clove garlic, minced
4 shallots, minced
8 sprigs fresh rosemary, stems removed and chopped
1 tablespoon plus 1 teaspoon smoked paprika
1 1/3 cups olive oil

Nutrition

Calories 164, Total Fat 6g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 4g, Cholesterol 0mg, Sodium 22mg, Total Carbohydrates 19g, Dietary Fiber 4g, Sugar 0g, Protein 7g, Vitamin A 106IU, Vitamin C 0mg, Calcium 71mg, Iron 2mg, Phosphorous 86mg, Potassium 430mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Preheat oven to 400°F (200°C) conventional/375°F (190°C) convection.
3. Prep beans, olives, garlic, shallots and rosemary as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
CCP: Clean lids before opening canned goods.
Drain and rinse canned legumes & vegetables.
4. Combine the beans, olives, garlic, shallot, rosemary and paprika in a baking dish.
Pour the oil over the mixture and stir to combine. Place in the oven and bake for 30 minutes (¼ less time convection) to the stated CCP, stirring halfway through.
CCP: Cook to a minimum internal temperature of 135°F (57°C)
5. Hold for service.
CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve 1/4 cup using a #16 scoop for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES
Heart Healthy/Cardiac: YES
Low Sodium: YES
Vegetarian: YES
Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: Vegan Black Bean Burger
EC7/Soft/SB6: YES
MM5: Minced & Moist Smoked Paprika Beans
PU4: Pureed Smoked Paprika Beans

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 10.10.24.

Equipment

baking dish, #16 scoop

Tags

november collection, hot hold, sb6, #16 scoop, soft & bite sized, easy to chew, easy, soft, heart healthy/cardiac, low sodium, diabetic, dairy

free, gluten free, regular, parent recipe, beans, baking dish, vegan,
italian, mediterranean, diabetes food hub, side dish, snack, dinner,
lunch
