

# High-Protein Romesco Butter Beans

This nutritious, high-protein, and flavorful meal prep combines butter beans with a unique protein-packed Romesco sauce to create the perfect meal. It's so versatile you could have it for breakfast, lunch or dinner!



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## PREP TIME

5 minutes

## COOK TIME

10 minutes

## TOTAL TIME

15 minutes

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**Servings** 3

**Course** Main Course

**Cuisine** Mediterranean-Inspired

**Keyword** 20 mins or less, almonds, beans, butter beans, chili, easy meal, garlic, High Protein, lemon, parsley, red bell pepper (capsicum), tofu, tomato, Vegan

## Ingredients

- 2 jarred roasted red bell peppers see notes
- 3 garlic cloves peeled
- 0.7 oz sun-dried tomatoes
- 5 oz extra firm tofu see notes
- 1 tsp smoked paprika
- 1 pinch sea salt flakes
- ¼ tsp red chili flakes
- 2 tbsp roasted almonds
- 1½ tbsp lemon juice
- 3 tbsp water
- 2 tsp olive oil
- 200 g cherry tomatoes
- 3 cups cooked butter beans

## Toppings

- 2 tbsp roasted almonds roughly chopped
- 2 tbsp fresh parsley finely chopped
- lemon zest to taste

## Instructions

1. In a blender, add the bell pepper, garlic, sun-dried tomatoes, tofu, smoked paprika, salt, chili flakes, 2 tbsps roasted almonds, lemon juice, and water. Blend until smooth. You can leave a little bit of texture if you like.
2. In a saucepan over medium heat, add the olive oil and tomatoes. Cook covered for 7 minutes, stirring regularly.
3. Add the cooked butter beans and blended sauce to the pan. Cook for a few minutes until heated through.
4. To serve, top with the remaining chopped almonds, fresh parsley, and lemon zest, and adjust salt to taste. I enjoyed mine with stir-fried broccolini and a slice of our 1-Ingredient Buckwheat Bread, and it was perfect!

## Notes

**Roasted Red Bell Pepper:** I always have jarred roasted red bell peppers in the fridge. They keep forever, and they're the perfect addition to a quick pasta sauce or other delicious meal. If you prefer to use fresh, chop two red bell peppers in half, remove the seeds, and bake face down for 25 minutes at 400F (200C) in the oven. Allow to cool down, and remove the skin using your hands. It should peel off easily. Freshly roasted red bell peppers might yield less liquid than jarred; if you're using them, you might want to consider adding a little more water, lemon juice, or olive oil for a smooth sauce texture. Start with 1 tbsp at a time, and gradually increase to your desired consistency.

**Tofu:** In some locations like France, Tofu is found on the shelf in a sous vide form and is quite dry. This recipe was made with extra firm tofu that is available in the supermarket's refrigerated section and yields more liquid. If you cannot access it, I would recommend swapping it for silken tofu, or adding a little bit of soy milk for a smoother blend