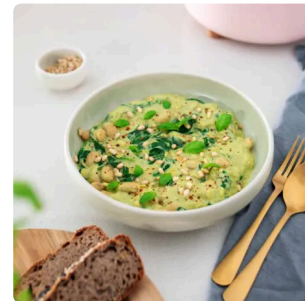


# High Protein Pesto Butter Beans

A quick 15-minute lunch with zesty lemon and creamy butter beans packed with 35 g of protein and 15 g of fiber per serving. Enjoy with quinoa or toasted bread.

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## PREP TIME

5 minutes

## COOK TIME

10 minutes

## TOTAL TIME

15 minutes

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**Servings** 2

**Course** Lunch

**Cuisine** Plant-Based

**Keyword** 20 mins or less, basil, beans, cashews, chili, Easy Lunch, garlic, High Protein, lemon, nutrient powerhouse, nutritional yeast, spinach, tofu

## Ingredients

- 1 tsp olive oil
- 1 leek diced
- 2 cups butter beans cooked
- 3 cups baby spinach
- 1.5 tbsp toasted pine nuts
- red chili flakes to taste
- Salt and pepper to taste to taste

### Creamy protein pesto

- 300 g silken tofu
- ½ cup vegetable stock (low sodium)
- 6 tbsp nutritional yeast
- 2 tbsp cashews
- 1 small lemon juice and zest ~2 tbsp
- 1 cup fresh basil
- 2 garlic cloves peeled

## Instructions

1. Add all sauce ingredients to a blender and process until smooth. Prepare the leek and other ingredients.
2. In a pot on medium heat, cook the olive oil and leek covered for 7 minutes, stirring regularly. Add the butter beans and sauce, season with salt & pepper, and cook for 5