

# WHITE BEAN PARMESAN (V, GF)

Makes 4 patties

## Ingredients:

- 1 15oz can white beans, rinsed and drained
- 2 shallots, finely diced
- olive oil
- 4 garlic cloves, minced
- 2 TBS vegan parmesan
- 1 28 oz jar marinara sauce
- 1 TBS Italian seasoning
- 1/4 C GF breadcrumbs
- 1/4 C roughly chopped fresh flat leaf parsley
- 1/2 tsp each salt and pepper
- 1 C shredded mozzarella (non-dairy or regular, your choice)

## Directions

1. Set the oven to 375. In a pan, heat 1 TBS olive oil and saute shallots and garlic over medium heat for 2-3 minutes, just long enough to soften the shallots.
2. In a bowl, mash the bean with your hands or a potato masher, then add the shallots, garlic, 1 TBS olive oil, 4 TBS marinara sauce, vegan parmesan, Italian seasoning, breadcrumbs, parsley and salt and pepper. Combine with a spoon and add more salt to taste if needed. Form into 4 round patties no more than 2-3 inches thick.
3. Reheat the pan you cooked the shallots in and add 1 TBS more olive oil, then cook the patties on each side for 5-8 minutes, or until they have browned slightly. Transfer the patties to a lightly greased baking dish.
4. Spoon the remaining marinara sauce evenly over each patty, then sprinkle 1/4 C of cheese over each. Bake for 20-25 minutes, or until the cheese has melted and the sauce is bubbling slightly.
5. Serve with a salad. These can be reheated in the oven and stored in the fridge for 2-3 days.

