

Broccoli–Cheddar Cannellini Beans

Serves 4

Ingredients

- 14 g unsalted butter (1 T)
- 75 g yellow onion, finely chopped
- 9 g garlic (3 cloves), finely chopped
- 100 g mushrooms (maitake or shimeji)
- 340 g fresh broccoli florets, cut into 1–2 cm pieces
- 80 g reduced-strength broth (½-strength)
- 240 g canned cannellini beans, rinsed
- 180 g soy milk
- ½ tsp black pepper
- ½ tsp dry mustard
- ½ tsp salt + MSG blend (3 g total)
- ¼ tsp smoked paprika
- ½ tsp lemon juice or apple cider vinegar
- 1 tsp white miso
- 100 g sharp cheddar cheese, grated, divided
- Nutmeg (pinch)



Instructions

1. Melt **butter** in a wide skillet over **medium heat**.
2. Add **onion, garlic, and mushrooms**; **cook 3–4 minutes** stirring, until mushrooms soften and excess moisture evaporates.
3. Stir in **broccoli** and **smoked paprika**; **cook 1 minute** to coat.
4. Add **broth**, **cover**, and **steam 3–4 minutes** until broccoli is tender-crisp.
5. In a small bowl, whisk **soy milk** with **miso** until smooth.
6. Add **beans, soy milk mixture, black pepper, dry mustard, salt+MSG, and lemon juice**. Bring to a lively **simmer**.
7. Simmer uncovered **2–3 minutes** until slightly thickened.
8. **Remove from heat**. Stir in **75 g cheddar** until melted.
9. Top with remaining **cheddar** and **let stand 2 minutes before serving**.

Flavor Notes

- Smoked paprika replaces richness lost by using soy milk instead of whole milk.
- A small amount of acid sharpens the cheese flavor without extra salt.
- White miso adds umami and depth without making the dish taste Japanese.
- Optional add-ins: sautéed mushrooms (50–75 g) or a tiny pinch of nutmeg.

Nutrition (Approximate)

Per serving:

Kcal: 290 | Protein: 16 g | Fat: 15 g | Sat. Fat: 8 g | Carbs: 24 g | Sugars: 5 g | Fiber: 6 g | Sodium: ~520 mg | Omega-3: 0 g

Whole dish:

Kcal: 1160 | Protein: 64 g | Fat: 60 g | Sat. Fat: 32 g | Carbs: 96 g | Sugars: 20 g | Fiber: 24 g | Sodium: ~2080 mg | Omega-3: 0 g