



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

BREAKFAST BEANS

INGREDIENTS:

- 2 cans white beans, drained and rinsed
- 1/3 C raw cashews
- 1 1/2C water
- 1/4 C diced onion or 1/2- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp cornstarch
- 2 TBS pimento or 1-2 TBS minced red pepper optional
- 1/2 tsp smoked paprika optional
- Salt to taste

DIRECTIONS:

- Dice onion and put in a skillet and sauté in water or broth until soft.
- Drain and rinse beans, add to onions.
- Blend smooth nuts, water and spices (except pimento/red pepper).
- Put in skillet with beans.
- Season to taste.
- Add pimento/red pepper.
- Heat until thick and bubbly.
- Serve over toast, grits, rice, quinoa, etc.



