

Vegetarian escarole and beans

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Classic Italian Escarole and Beans (Vegetarian Recipe)

This classic vegetarian **Italian escarole and beans** recipe is a hearty, comforting dish made with simple, wholesome ingredients. Tender **cannellini beans** are simmered with sautéed **garlic** and flavorful **escarole** for a rustic vegetarian meal that's full of flavor.

Naturally **meatless**, this traditional Italian recipe is perfect with a side of **crusty Italian bread** for soaking up every bite. While some versions include meat like sausage or pancetta, this one stays true to its **humble vegetarian roots**—easy, satisfying, and budget-friendly.

Things to know about this vegetarian escarole and beans recipe

This vegetarian escarole and bean recipe results in a stew like consistency. If you prefer a more soupy consistency, simply add more vegetable stock.

I used canned cannellini beans. You can use dry beans. If you do use dry beans soak them for a few hours. Then cook them in the stock until soft before adding in the escarole.

This recipe is the vegetarian version of escarole and beans. If you want to add meat, add Italian sausage to the escarole pan sautéing the sausage until brown before adding in the escarole. I use my white Dutch oven when I make this

recipe. Its so pretty I serve from it right at the table.

Lasty if you make this vegetarian escarole and beans please leave me a comment. And don't forget to tag me on Instagram. I love hearing from you. It's my favored part!!!

Ingredients

- 1 large head escarole
- 4 cups cannellini beans
- 4 Tablespoons olive oil divided
- 4 Tablespoons minced garlic divided
- 1 tablespoon hot pepper flakes
- 1 cup white wine
- 1 cup vegetable stock
- salt and pepper to taste

Instructions

1. Start by rising the beans
2. Cut the escarole into bite size pieces
3. in two tablespoons of olive oil saute the garlic and the hot pepper flakes until soft and fragrant
4. Add the escarole saute until limp about 10 minutes. salt and pepper now. Set aside.
5. In a separate pot add the remaining olive oil and garlic saute until soft.
6. Add the beans and the vegetable stock and simmer for 10 minutes
7. Add the escarole mixture to the beans and simmer 10 minutes longer to combine flavors.
8. Serve with crusty Italian bread. ENJOY!!!