

PENNE WITH WHITE BEANS, EGGPLANT, AND TOMATOES

The white beans in this dish add protein and make it a well-rounded main dish. The eggplant could also be roasted to develop different flavors. Toss eggplant with salt and pepper and roast in a 325°F oven for 30 mins or until tender.

SERVES 50 ADULTS

INGREDIENTS

2 cups fresh basil, chopped
4 lb. dried whole wheat penne, cooked
12 cups low-sodium cannellini (white kidney) beans, drained and rinsed
12 cups canned crushed tomatoes
2 cups oil
10-12 cloves garlic, sliced thinly
4 onions, diced
6 bell peppers, diced
12-16 eggplants cut into 1-inch cubes
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Heat oil over low heat. Sauté eggplant, onions, peppers, and garlic until lightly browned.
2. Add tomatoes and bring to a simmer. Cover and cook until eggplant is very tender, about 15 minutes.
3. Add beans and simmer until heated through. Stir in basil, salt, and black pepper.
4. Add cooked penne to sauce and stir.