

Butter Beans, Potatoes, and Spinach in Peanut Sauce

17.50% of calories from fat

The inspiration for this dish comes from Veggie Heaven in Denville, NJ. They had a summer special appetizer, Spinach in Peanut Sauce, which I couldn't help but love. The combination of spinach and peanut sauce is delicious. However, I didn't love the oil in the dish and I knew I'd have to see if the peanut sauce could be slimmed down and still taste good. Both my husband and I were pleasantly surprised at the results and enjoy all the added ingredients that caused this dish to evolve from appetizer to entrée! This dish also has the added appeal of being pure comfort food!

Ingredients

- 1 cup dry butter beans (large) or Lima beans
- ½ cup dry roasted peanuts
- 2 tablespoon rice vinegar
- 2 tablespoon tamari soy sauce (shoyu)
- 2 tablespoon agave, raw
- 2 teaspoon crushed red pepper
- 2 teaspoon raw tahini
- 4 cloves garlic
- 1 teaspoon salt
- 5 cups vegetable stock or broth (no added oils)
- 1½ pounds red baby potatoes, with flesh and skin, quartered
- 1 cup millet
- 1 pound baby spinach



Directions

1. Soak butter beans/lima beans overnight in 3 cups of water. Rinse and drain, and add to a pressure cooker.
2. Add dry roasted peanuts, rice vinegar, tamari soy sauce, agave, crushed red pepper, tahini, garlic, salt, and vegetable stock to a high-speed blender. Blend until smooth and add to pressure cooker.
3. Add baby potatoes and millet to the pressure cooker, close, and cook on high pressure for 12 minutes and allow at least 15 minutes for a natural release.
4. Remove lid, put on low heat or sauté mode if using an instant pot, and stir in spinach in batches until just wilted. Make sure dish is stirred well. Turn off heat and serve.

Serves 6.

Nutritional Information: 360 calories per serving, 1½ cups per serving, 7g total fat, 1g sat fat, 0g trans fat, 0mg cholesterol, 780 mg sodium, 69g total carbohydrate, 15g dietary fiber, 8g total sugars, 16g protein, 0mcg (0%) vitamin D, 117mg (8%) calcium, 6mg (30%) iron, 1,112mg (25%) potassium.