

DINNERLY



French Onion Baked Beans with Spinach Salad

Developed by Our Registered Dietitian



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Next time you're craving baked beans and French onion soup at the same time, you won't have to choose! This filling and fiber-rich dish hits just the right spot thanks to saucy cannellini beans, cheesy baguette slices on top, and crisp spinach salad on the side. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 15 oz can cannellini beans
- ¼ oz fresh thyme
- 1 baguette¹
- 3¾ oz mozzarella⁷
- 5 oz baby spinach
- 2 oz balsamic vinaigrette

WHAT YOU NEED

- butter⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- medium ovenproof skillet
- rimmed baking sheet

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

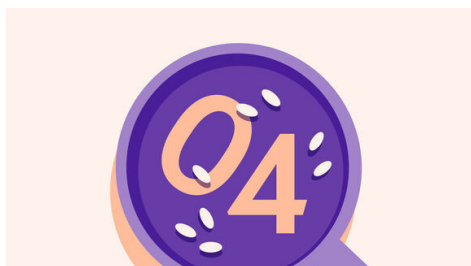
Calories 710kcal, Fat 28g, Carbs 87g, Protein 32g



1. Caramelize onions

Halve and thinly slice **onion**.

Melt **2 tablespoons butter** in a medium ovenproof skillet over medium heat. Add onions; season with **salt**. Cook, stirring, until tender and deeply browned (if skillet gets too dry, add 1 tablespoon water at a time, as needed), 8–10 minutes.



4. Make salad & serve

To a medium bowl, add **balsamic vinaigrette** and **spinach** and toss to coat. Season to taste with **salt** and **pepper**.

Serve **French onion baked beans** with **spinach salad** alongside. Garnish with **more thyme leaves**, as desired. Enjoy!



2. Cook beans & prep

To same skillet, add **beans and their liquid** and **1–2 sprigs of thyme**; bring to a simmer. Reduce heat to medium-low and continue to simmer until slightly thickened but still saucy, 3–5 minutes.

Meanwhile, preheat broiler with a rack in the center. Cut **baguette** into ½-inch thick slices. Thinly slice **mozzarella**.



5. ...

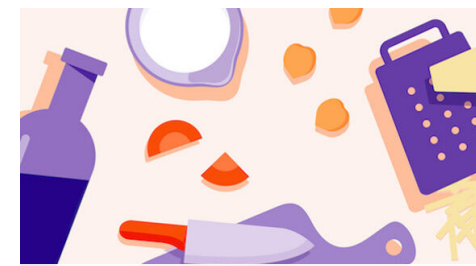
What were you expecting, more steps?



3. Toast bread & broil

Spread out **baguette slices** on a rimmed baking sheet. Drizzle with **oil** and season with **salt** and **pepper**. Broil on upper oven rack until lightly toasted, 1–2 minutes per side (watch closely as broilers vary).

Place bread over **bean mixture** in skillet. Spread **cheese** over top. Broil on upper oven rack until cheese is melted, 2–3 minutes (watch closely).



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!