

# 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 mushroom seasoning
- ¼ oz fresh thyme
- 1 baguette<sup>1</sup>
- 3¾ oz mozzarella<sup>7</sup>
- 5 oz baby spinach
- 2 oz balsamic vinaigrette

### WHAT YOU NEED

- butter<sup>7</sup>
- 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

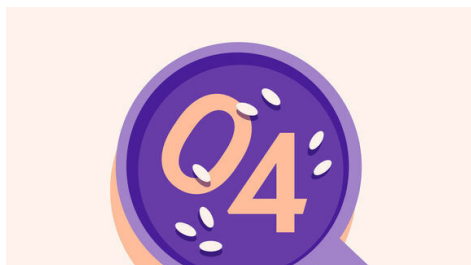
Calories 710kcal, Fat 28g, Carbs 87g, Protein 32g



#### 1. Caramelize onions

Halve and thinly slice **onion**.

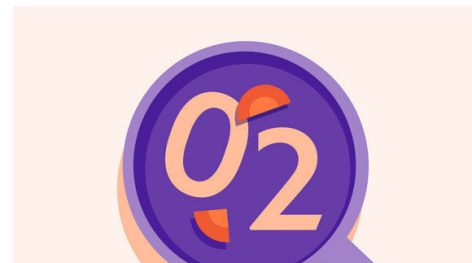
Melt **2 tablespoons butter** in a medium ovenproof skillet over medium heat. Add onions; season with **salt**. Cook, stirring, until tender and deeply browned (if skillet gets too dry, add 1 tablespoon water at a time, as needed), 8–10 minutes.



#### 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

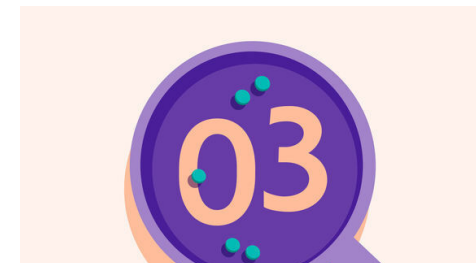
To same skillet, add **beans and their liquid**, **half of the mushroom seasoning**, and **1–2 sprigs of thyme**; bring to a simmer. Reduce heat to medium-low and continue to simmer until slightly thickened but still saucy, 3–5 minutes.

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!