



Makes 8 cups pasta + 4 cups sauce

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 cup chopped shallots

1 28-oz. can no-salt-added crushed tomatoes

2 tablespoons finely chopped fresh sage or 2 teaspoons dried rubbed sage

1 12-oz. package dry whole wheat spaghetti

1 15-oz. can cannellini beans, rinsed and drained (1½ cups)

Cracked black pepper (optional)

Spaghetti with White Beans and Shallot-Sage Marinara

Six ingredients are all it takes to make this quick and delicious spaghetti dinner. A can of crushed tomatoes is transformed into a fragrant marinara sauce with the addition of savory **shallots**, which have a flavor that's somewhere between onions and garlic. Fresh sage adds subtle herbal notes while a crack of black pepper contrasts nicely with the acidic tomatoes. Creamy cannellini beans are tossed into the sauce for extra nutrient-dense substance before everything is spooned over a heaping pile of whole wheat spaghetti. On nights where you don't have the energy to make an extravagant meal, this simple recipe will hit the spot without skimping on flavor.

For more spaghetti recipes, check out these tasty ideas:

- [Southwest Spaghetti Casserole](#)
- [Vegan Spaghetti Marinara with Lentil Balls](#)
- [Spaghetti with Roasted Tomatoes, Chickpeas, and Basil](#)
- [Khow Suey \(Burmese Curry Noodle Soup\)](#)

By Mary Margaret Chappell

- 1** In a medium saucepan cook shallots in ¼ cup water over medium 3 to 4 minutes or until pan is dry and shallots are beginning to brown and stick. Add 2 cups water, stirring to scrape up any browned bits from bottom of pan. Stir in tomatoes and sage. Bring to boiling; reduce heat. Simmer, uncovered, about 20 minutes or until thickened.
- 2** Meanwhile, cook spaghetti according to package directions.
- 3** Stir beans into tomato sauce; heat through. Serve sauce over spaghetti. If desired, sprinkle with additional finely chopped fresh sage and cracked black pepper.