

White Bean Gnocchi, AKA Vegan Protein Pasta

Ingredients

- 1 15 oz. can of cannellini beans (reserve $\frac{1}{4}$ cup of the liquid)
- 2 cloves garlic
- 1 $\frac{1}{2}$ cups all-purpose flour
- $\frac{1}{2}$ tsp. salt

Steps

1. Open your canned beans, and drain them, reserving $\frac{1}{4}$ cup of the liquid (aquafaba). Place the beans, aquafaba, and garlic in a small blender or food processor, and blend until smooth.
2. Add the pureed beans to a large bowl, along with the salt and flour. Mix to create a dough, and once it has come together kneed a few times until it is smooth and even. Divide the dough into 4-6 workable pieces (no need to be very precise). Roll one of the pieces into a ball, and then use a clean counter top to roll it into a long snake, about the thickness of your thumb. Use a sharp knife or a bench scraper to cut the snake into pieces, about $\frac{3}{4}$ of an inch long. To shape them (totally optional), place a fork upside down on your workspace. Take each small piece of dough and push gently, sliding them down the fork, so the tines leave an impression. Continue until you have used all the dough.
3. Bring a pot of water to boil, and season it with salt. Once the water is boiling add the gnocchi- I usually do this in batches while I'm shaping them. After about 30 seconds, they will rise to the top and you can remove them from the water with a slotted spoon.
4. At this point it's up to you. I like to sear my gnocchi in some hot vegan butter, until they get a nice, golden crispy, but that's a personal choice. They're good in white sauce, red sauce, or even with no sauce. Try them with pesto! I imagine they're really good in soups too. Anything you like to do with pasta is likely a good choice with gnocchi.

