Tomato White Bean One-Pot Pasta

About 6 cups (1.4 L), 4 main-dish bowls · Active 15 min · Total 40 min

Ingredients

- 1 tbsp (15 ml) olive or neutral oil
- 1 medium onion, chopped, about 1 cup (150 g)
- 2 garlic cloves, finely chopped, about 2 tsp (6 g), or ½ tsp garlic powder
- 1 can chopped tomatoes, 14½ oz (400–411 g), including juice
- 1 can cooked white beans, 15 oz (425 g) net, drained and rinsed, about 1½ cups (240 g) drained
- 8 oz (225 g) dry short pasta such as elbows or small shells
- 3 cups (720 ml) water, plus up to ½ cup (120 ml) extra hot water if needed
- 1 tsp dried oregano
- ¼ tsp ground black pepper
- Up to ¼ tsp (1.5 g) fine salt, only if needed after tasting

Set out

Large wide saucepan, at least 4 qt (3.8 L), with lid, Spoon, Measuring jug, Strainer, Can opener if needed, Knife and board

Allergens

Wheat. Check labels and substitutions.

Make it

1. Heat the oil in the saucepan over medium heat. Add the onion and cook 7–8 minutes, stirring, until softened. Add the garlic and stir 30 seconds; if using powder, add it with the tomatoes instead.

2. Add the tomatoes with their juice, drained beans, measured 720 ml (3 cups) water, oregano and pepper. Bring to a boil. Stir in the dry pasta and return to a steady simmer.

3. Cook uncovered 12–15 minutes, or until the pasta is tender, stirring every 1–2 minutes and scraping the bottom. If the liquid falls below the pasta before it is cooked, add extra hot water a few tablespoons at a time. The pasta should finish in a thick, spoonable sauce.

4. Mash about ¼ cup of the beans against the side of the pot and stir them back in. Simmer 1–2 minutes if the sauce is loose, or add a splash of water if too thick. Taste a cooled spoonful and add salt only if needed. Stand 3 minutes before serving.

If the tomato can is a different size

A 400–411 g (14–14½ oz) can fits this recipe. If your can is about 800 g (28 oz), measure half including juice and refrigerate the remainder promptly in a covered container; do not simply double the tomato without changing the pasta and water.

Food-shelf swap

Plain canned beans in water or brine work. Baked beans in sweet sauce or condensed bean soup are not equivalent; use a recipe designed for that product rather than draining away its purpose.

Ingredient labels

Use the pasta label: egg, soy or other ingredients can occur in some shapes. Optional cheese would add milk.

A useful detail

The 40 minute total allows chopping, onion cooking, bringing the liquid to a boil, pasta simmering and a short stand, with some jobs overlapping. Whole-wheat pasta may need more water and a few extra minutes; follow its texture rather than forcing the same clock.

Keep it well

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days. Reheat the portion wanted to 165°F (74°C), stirring with a little water to loosen the pasta. Freeze promptly cooled portions for up to 2 months for quality, knowing the pasta will be softer after thawing.