Smoky Kidney Bean Potato Skillet

4 main-dish portions, about 1 1/2 cups each · Active 25 min · Total 50 min

Skills: Simmering even potato cubes, draining and browning before a gentle bean simmer

Ingredients

- 1 3/4 lb potatoes, peeled if needed and cut into 3/4-inch/2 cm cubes (800 g prepared)
- About 6 cups water for simmering potatoes (1.5 L), enough to cover by 1 inch/2.5 cm
- 2 tablespoons neutral or olive oil (30 ml)
- 1 medium onion, finely chopped (150 g)
- 2 garlic cloves, finely chopped (6 g)
- 2 teaspoons smoked paprika (4 g)
- 2 cans cooked kidney beans, each 15 oz/425 g net, drained and rinsed (480 g total drained)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Saucepan, at least 3 qt/3 L, Strainer, Wide deep skillet about 12 inches/30 cm across, at least 3 qt/3 L, Spatula, Knife and board, Food thermometer for reheating

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Ingredient labels

No major allergen ingredient is deliberately included in this base; check the actual canned foods and spice labels for added ingredients and cross-contact information. This is not an allergen-free guarantee.

Make it

1. Put potato cubes in the saucepan with enough of the measured water to cover by 1 inch/2.5 cm. Bring to a boil and simmer for 8–12 minutes until just tender. Drain thoroughly and let steam escape for 3 minutes.

2. Meanwhile heat 1 tablespoon oil in the wide skillet over medium heat. Cook the onion for 7–8 minutes until soft. Add garlic for 30 seconds, then scrape the mixture onto a clean plate.

3. Heat the remaining oil in the same skillet over medium-high heat. Add drained potatoes in a broad layer and brown for 7–9 minutes, turning a few times. They need colored faces, not a fully crisp crust.

4. Lower the heat. Return onion and garlic, sprinkle over paprika, salt and pepper and stir for 20 seconds. Add kidney beans and tomatoes with their juice. Simmer for 8–10 minutes, folding gently, until the sauce coats the hot potatoes and beans. If the pan begins drying before it is heated through, add 1–2 tablespoons water from the kettle.

5. Taste a cooled spoonful and divide the whole pan into 4 portions. Cool any portions for later promptly in shallow containers; do not leave the skillet on the stove until cold.

A whole-can swap

Canned beans in water or brine suit the recipe. Sweet baked beans, raw dried kidney beans and condensed bean soup need a different method.

A useful detail

Potato simmering and onion cooking overlap. The 50-minute total includes draining, browning and the final sauce simmer; it does not use raw dried beans.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat only the portion needed to 165°F/74°C throughout, stirring with a little water if thick. Freeze promptly cooled portions for up to 2 months; thaw in the refrigerator. Potatoes may be softer after freezing.