# Three-Bean Macaroni Supper

4 warm main-dish pasta bowls, about 2 cups each · Active 20 min · Total 40 min

Skills: Coordinating pasta and skillet cooking while protecting soft canned vegetables

## Ingredients

- 8 oz dry elbow macaroni (225 g)
- About 8 cups water for pasta (2 L), plus more if the package needs it
- 2 tablespoons olive or neutral oil (30 ml)
- 1 medium onion, finely chopped (150 g)
- 1/2 teaspoon dried thyme (0.5 g)
- 1 can cooked white beans, 15 oz/425 g net, drained and rinsed (240 g drained)
- 1 can cooked kidney beans, 15 oz/425 g net, drained and rinsed (240 g drained)
- 1 can plain green beans, about 14 1/2 oz/411 g net, drained and cut into short pieces (about 230 g drained)
- 1 tablespoon plus 1 teaspoon prepared mustard (20 g)
- 1 tablespoon plus 1 teaspoon cider vinegar (20 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- Up to 1/2 cup reserved pasta cooking water (120 ml), taken from the pasta pot

## Set out

Large saucepan, at least 4 qt/4 L, Wide deep skillet, at least 3 qt/3 L, Strainer, Measuring cup, Broad spoon, Can opener if needed

## Allergens

wheat, mustard. Check labels and substitutions.

## Make it

**1.** Cook macaroni in boiling water according to its package until tender. Before draining, reserve 1/2 cup/120 ml cooking water in the measuring cup. Drain pasta.

**2.** Meanwhile heat oil in the skillet over medium heat. Cook onion for 7–8 minutes until soft. Stir in thyme, white beans and kidney beans with 2 tablespoons/30 ml of the reserved pasta water. Cover and heat gently for 4–5 minutes, stirring once.

**3.** Whisk mustard, vinegar, salt and pepper with another 2 tablespoons/30 ml reserved pasta water. Add this mixture and drained macaroni to the skillet and turn gently until coated.

**4.** Fold in drained green beans and heat gently for 3–4 minutes until hot throughout. Add the remaining reserved water a spoonful at a time only if needed to keep the coating moist. Divide all the pasta and three bean types among 4 bowls and serve warm.

## A warm change from a bean salad

The measured vinegar is part of a warm coating, not a preserving liquid. This supper remains perishable and must not be kept on a counter or treated as a shelf-stable pickled dish.

## Ingredient labels

Macaroni normally contains wheat and some pasta also contains egg. Prepared mustard supplies mustard and may have other added ingredients; check actual pasta and condiment labels.

## A useful detail

Pasta cooking and onion softening overlap. The green beans are canned and fully cooked; adding them last protects their softer texture.

## 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 the portion wanted to 165°F/74°C throughout, stirring with a little water to restore the light coating. Freeze promptly cooled portions for up to 1 month; the pasta and green beans become softer after thawing. Thaw in the refrigerator.