White Bean Tuna Tomato Bake

One shallow 8-inch/20 cm square bake, four main-dish portions · Active 25 min · Total 1 hr

Skills: Making a coarse bean sauce and a shallow layered casserole

Ingredients

• 2 tablespoons olive or neutral oil (30 ml), divided

• 1 small onion, finely chopped (100 g)

• 1 garlic clove, finely chopped (3 g)

• 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice

• 1/2 teaspoon dried oregano (0.5 g)

• 2 cans cooked white beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)

• 1/2 cup water (120 ml)

• 2 cans tuna in water or brine, about 5 oz/142 g net each, drained to about 7 oz/200 g total fish

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

• About 1 1/2 cups fresh bread crumbs from sound bread (80 g)

Set out

8-inch/20 cm square baking dish, at least 2 qt/2 L, Saucepan or skillet, Mixing bowl and fork or potato masher, Grater for bread if needed, Food thermometer

Allergens

fish, wheat. Check labels and substitutions.

Make it

1. Heat the oven to 400°F/200°C. Heat 1 tablespoon oil in the saucepan over medium heat. Cook onion for 7–8 minutes, add garlic for 30 seconds, then add tomatoes and oregano. Simmer uncovered for 8–10 minutes until thick rather than soupy.

2. Meanwhile put half the beans in the bowl with the 120 ml water and mash to a coarse sauce. Fold in the remaining beans, drained tuna, salt and pepper. Spread evenly in the baking dish.

3. Spoon the reduced hot tomatoes over the bean mixture. Toss bread crumbs with the remaining 1 tablespoon oil and scatter in a thin layer over the top.

4. Bake for 18–22 minutes until the crumbs are golden, the edges bubble and the center reaches 165°F/74°C. Cover loosely with foil if crumbs color before the center is hot. Rest for 5 minutes, then divide the whole bake into 4 spoonable portions.

Different tuna can sizes

Use the drained fish weight rather than assuming every small can contains the same amount. Refrigerate any opened remainder promptly in a covered container and follow its label.

Ingredient labels

Tuna supplies fish and ordinary bread supplies wheat; bread may also contain milk, egg, sesame or soy. Read the actual labels.

A useful detail

Tomato reduction and bean mashing overlap. Start checking the center before assuming the golden crumbs establish doneness; the tuna-bean base begins cooler than the hot tomatoes.

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 a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator; the crumb top softens during storage. Follow a shorter opened-fish package limit if one applies.