White Bean Garlic Toast Bowls

Four light meal bowls, each with one large toast and one-quarter of the beans · Active 20 min · Total 40 min

Skills: Softening garlic without scorching and keeping toast separate until serving

Ingredients

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

• 1 medium onion, finely chopped (150 g)

• 4 garlic cloves, thinly sliced (12 g prepared)

• 1/2 teaspoon dried thyme (0.5 g)

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

• 1 cup water (240 ml)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

• 2 teaspoons cider or plain food vinegar (10 ml)

• 4 broad slices sound sturdy bread (280 g total)

Set out

Saucepan, at least 2 qt/2 L, Wide skillet for bread, Spatula, Fork or wooden spoon, Four shallow bowls

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat 1 tablespoon oil in the saucepan over medium heat. Cook onion for 7–8 minutes until soft. Lower the heat, add sliced garlic and thyme and stir for 45–60 seconds until fragrant but not browned.

2. Add drained beans, water, salt and pepper. Bring to a gentle simmer and cook partly covered for 8–10 minutes, stirring. Mash about one-quarter of the beans against the side of the pan and stir back in.

3. Meanwhile brush both sides of the bread with the remaining 1 tablespoon oil. Toast in the skillet over medium heat, in 2 batches if necessary, for 2–3 minutes per side until crisp and golden. Keep cooked slices uncovered on a clean plate.

4. Stir vinegar into the beans and simmer uncovered for 2 minutes. The mixture should be moist and spoonable; if too thin, simmer a little longer, or add a tablespoon of water if drying. Put one toast in each bowl, divide all the beans over them and serve straightaway.

Choose a slice with enough surface

The four slices weigh about 70 g each. If only small slices are available, use enough to make the same total bread weight and divide them into four portions.

Ingredient labels

Ordinary bread supplies wheat and may also contain milk, egg, soy or sesame. Check its actual label and those of the canned beans and herbs.

A useful detail

The 40-minute timetable assumes the bean pan and toast skillet can be used at the same time. With one burner, toast the bread first and keep it dry on a plate, then cook the beans; allow an extra 10–12 minutes.

Keep it well

Keep beans and bread separate. Refrigerate shallow bean 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 with a little water if needed. Freeze promptly cooled beans for up to 2 months and thaw in the refrigerator. Store bread according to its package and toast only when serving.