Mushroom Butter Bean Toast

Four broad mushroom butter-bean toasts · Active 25 min · Total 45 min

Skills: Browning drained canned mushrooms and thickening a small sauce with crushed beans

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, thinly sliced (100 g)
- 2 small cans plain sliced mushrooms, about 6 1/2 oz/184 g net each, drained (230 g total drained)
- 2 cans cooked butter beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 1/2 cup milk (120 ml)
- 2 teaspoons prepared mustard (10 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 broad slices bread (about 8 1/2 oz/240 g total)

Set out

Wide skillet, Strainer, Broad spoon, Toaster or grill, Food thermometer

Allergens

milk, mustard, wheat. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium-high heat. Cook onion and well-drained mushrooms for 10–12 minutes, stirring, until excess moisture evaporates and some edges turn golden.

2. Add drained butter beans, milk, mustard and pepper. Lower heat and simmer gently for 5–6 minutes. Crush about one-quarter of the beans against the pan to thicken the liquid, leaving most whole. Heat the complete topping to 165°F/74°C.

3. Meanwhile toast the bread dry. Put one broad slice on each of four plates and spoon one-quarter of the hot mushroom-bean topping over it. Serve promptly.

Beans do the thickening

There is no flour roux or extra can of soup in this method. Crushing only part of the beans keeps a creamy base with whole-bean texture.

Ingredient labels

Milk, prepared mustard and ordinary wheat bread are present. Bread may also contain soy, egg or sesame; check actual labels.

A useful detail

Use a roomy skillet so canned mushrooms lose water rather than steaming in a deep pile. The 45-minute total includes draining and chopping.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Store topping separately from bread and toast bread freshly. Freeze promptly cooled topping for up to 1 month; thaw in the refrigerator and stir gently during reheating because milk may separate.