Warm Paprika White Bean Mash

Four warm white-bean side or meal-foundation portions · Active 20 min · Total 40 min

Skills: Briefly warming paprika after softening onion and hand-mashing hot canned beans

Ingredients

- 1 tablespoon olive or neutral oil (15 ml)
- 1 small onion, very finely chopped (100 g)
- 2 garlic cloves, very finely chopped (6 g)
- 1 teaspoon sweet paprika (2 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), plus up to 1/4 cup/60 ml extra only if needed
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 tablespoons lemon juice (30 ml), bottled or freshly squeezed

Set out

Wide skillet, about 10 inches/25 cm, Knife and board, Strainer, Fork or broad wooden spoon, Food thermometer

Allergens

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

Make it

1. Heat oil in the skillet over medium-low heat. Cook finely chopped onion for 8–10 minutes until soft without darkening. Stir in garlic for 30 seconds, then paprika for only 15 seconds.

2. Immediately add drained beans, initial 120 ml water, salt and pepper. Simmer gently for 6–8 minutes, stirring, until the complete mixture reaches 165°F/74°C.

3. Use a fork or broad spoon to crush about two-thirds of the beans in the pan, leaving some texture. Add extra water a tablespoon/15 ml at a time only if too stiff to spoon, up to 60 ml, and heat through.

4. Remove from direct heat and stir in lemon juice. Divide all the warm mash into four side or foundation portions and serve. Cool any saved shares promptly.

A warm foundation

The yield is four portions of bean mash. Bread, rice or other meal components are separate choices based on what is available.

Ingredient labels

No major allergen ingredient is deliberately included. Check actual bean, paprika, oil and lemon-juice labels for added ingredients or cross-contact information; no allergen-free guarantee is made.

A useful detail

The 40-minute total includes finely chopping onion and garlic, softening the onion fully and heating the beans before hand-mashing. Paprika is warmed briefly, not browned.

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 with a little water if needed. Freeze promptly cooled portions for up to 1 month and thaw in the refrigerator. Keep the original cooking date when adding to a later dish; lemon does not make the mash shelf-stable.