White Bean and Kale Sweet Potato Bake

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 meatless main-dish portions · Active 35 min · Total 1 hr 35 min

Ingredients

- 2 lb sweet potatoes, scrubbed and sliced 1/4 in/6 mm thick (900 g prepared)
- 3 tablespoons olive oil (45 ml), divided: 2 tablespoons/30 ml for potatoes and 1 tablespoon/15 ml for filling
- 1/2 teaspoon fine salt (3 g), divided equally between potatoes and filling
- 1 large onion, chopped (180 g)
- 3 garlic cloves, finely chopped (9 g)
- 7 oz kale leaves, tough stems removed, chopped (200 g prepared)
- 1/4 cup water (60 ml)
- 1 can crushed tomatoes with juice (14 oz/400 g)
- 2 cans white beans, drained and rinsed (1 lb 1 oz/480 g drained total)
- 1 teaspoon finely chopped fresh rosemary (1 g)
- 1 tablespoon lemon juice (15 ml)
- 1/4 teaspoon black pepper
- 1/4 cup roasted unsalted shelled pumpkin seeds (30 g)

Set out

Oven, Two large rimmed baking trays, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large deep skillet with lid, Fork, Food thermometer, Suitable foil for loose shielding if the topping colors before the center finishes

Allergens

Pumpkin seeds; check canned-bean and tomato labels for additional allergens. Check labels and substitutions.

Make it

1. Heat the oven to 425°F (220°C). Toss sweet-potato rounds with 30 ml oil and half the salt. Spread over two trays in one layer and roast 20–25 minutes, turning once, until almost tender and browned at some edges.

2. Meanwhile heat remaining 15 ml oil in the skillet over medium heat. Cook onion 8 minutes, then garlic 30 seconds. Add kale and water, cover and cook 4 minutes. Uncover and cook 3–4 minutes, stirring, until leaves soften and excess water evaporates.

3. Mash one-quarter of the beans with a fork. Add tomatoes, mashed beans, rosemary, remaining salt and pepper to the skillet. Simmer 7–8 minutes until thick. Fold in whole beans and lemon juice and heat 3 minutes more until steaming.

4. Reduce oven to 400°F (205°C). Spread hot filling in the dish and overlap roasted sweet-potato rounds loosely on top. Bake 20–25 minutes until the center and several other points reach 165°F (74°C). Scatter pumpkin seeds for the final 5 minutes, shielding them loosely if necessary.

5. Rest 5 minutes and divide into six portions.

Leave room between the rounds

The topping can show small windows of red beans and greens. Complete coverage is less useful than even potato thickness and a pan that can heat through.

A useful detail

The potato roast overlaps the skillet filling. The 95-minute total includes preparing kale, two-tray roasting, assembly, the full final bake and rest. Pumpkin seeds are the measured base topping, not an optional garnish.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier ingredient deadline. Reheat to 165°F (74°C). Freeze promptly cooled portions for up to 2 months for quality; thaw in the refrigerator. The seeds soften after storage.