Tuna, White Bean and Tomato Broth

2 broth bowls, each with half the beans and 80 g/2 3/4 oz tuna | Active 13 min | Cook 13 min | Total 30 min

Ingredients

- 160 g (5 2/3 oz) tuna canned in spring water, drained weight, from a newly opened ready-to-eat can
- 160 g (5 2/3 oz) canned ready-to-eat cannellini beans, drained and rinsed
- 200 g (7 oz) canned chopped tomatoes with their juice
- 40 g (1 1/2 oz) peeled onion, finely chopped
- 3 g peeled garlic (about 1 small clove), minced
- 5 ml olive oil (1 tsp)
- 350 ml (about 1 1/2 US cups) ready-to-use lower-sodium vegetable stock, divided
- 0.5 g dried oregano (about 1/2 tsp)
- 0.3 g ground black pepper (about 1/8 tsp)
- 10 ml lemon juice (2 tsp), seeds removed

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Knife and board, Spoon, Oven mitts, Two serving bowls, Microwave-safe bowl, at least 2.5 L/about 2 2/3 US qt measured capacity, about 21 cm/8 1/4 in inside diameter and 10 cm/4 in deep, Microwave-safe vented cover, Can opener and sieve, Fork, Food thermometer, Citrus juicer

Allergens

Fish. Check labels and substitutions.

Make it

1. Put the onion, garlic, oil and 15 ml/1 tbsp of the measured stock in the 2.5 L bowl. Cover with the vent open and microwave at 1000 W full power for 3 minutes, stirring halfway, until softened.

2. Add the drained beans, all the tomatoes and juice, remaining 335 ml stock, oregano and pepper. Stir, cover with a vent and cook at full power for 5-7 minutes, stopping after 3 and 5 minutes to stir, until the base is gently bubbling and thoroughly hot.

3. Break the drained tuna into bite-size flakes with the fork, checking for any hard fragments. Fold all of it into the hot broth. Cover with a vent and heat at 70% power for 2-3 minutes, stirring gently halfway. If the center remains cool, use additional stirred 30-second bursts.

4. Stand covered for 2 minutes. Stir and check that several places, including the center, reach 165°F/74°C. If a spot is cooler, heat again in short bursts and repeat the stand and check. Stir in the lemon juice and divide the entire batch equally between two bowls.

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Late means late

Keep the drained tuna out until the bean-tomato broth is already hot. It does not need the full first stage.

Use the whole portion

Divide both the liquid and solid ingredients between the bowls; do not ladle one mostly broth and the other mostly fish.

Ingredient labels

Check stock for celery, wheat, milk or soy. This formula uses canned fish, not raw tuna; a raw-fish replacement would require a separate validated cooking route.

A useful detail

The 30-minute plan allows 8 minutes of preparation, up to 13 minutes of sequential heating, a 2-minute stand and 7 minutes for gentle folding, temperature checks and serving. Times start from a 1000 W microwave. Use newly opened canned tuna, not a previously heated fish leftover, for this route.

Another way

Use 160 g/5 2/3 oz canned pink salmon, drained and with hard skin or bone fragments removed, instead of tuna. Fish remains an allergen; use the same final heating and temperature check.

Replace oregano with 0.5 g/about 1/2 tsp dried thyme. Keep the tomato, lemon and fish quantities unchanged.

Keep it well

Refrigerate reserved soup in shallow portions within 2 hours, or within 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days or an earlier opened-tuna or stock deadline. Reheat a chilled portion only once under a vented cover with gentle stirs; stand 2 minutes and verify 165°F/74°C throughout. Do not use previously reheated fish as the starting ingredient.