Pinto Bean Sweetcorn Skillet with Cheese

2 skillet meals, each with half the beans, corn, cheese and 2 small corn tortillas · Active 25 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 1 2/3 cups canned pinto beans, well drained (300 g edible)

• About 1 cup canned sweetcorn, well drained (160 g edible)

• 1 can crushed tomatoes (400 g/about 14 oz), including juice

• 1 medium onion, finely diced (100 g)

• 1 red bell pepper, stem and seeds removed, finely diced (150 g prepared)

• 1 small garlic clove, minced (3 g)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1 teaspoon sweet paprika (2 g)

• 2/3 cup loosely grated cheddar (60 g)

• 4 small plain corn tortillas (100 g total)

• 1/4 teaspoon fine salt (1.5 g)

• 1/8 teaspoon black pepper (0.3 g)

Set out

28 cm/11-inch deep skillet with lid, Sieve, Small dry skillet or tortilla warmer required by package, Wooden spoon, Grater, Knife and board, Kitchen scale, Food thermometer, 2 plates or bowls

Allergens

Milk, Check corn-tortilla labels for wheat and other added allergens. Check labels and substitutions.

Make it

1. Drain canned beans and corn separately and weigh the edible portions. Heat oil in the deep skillet over medium heat. Cook onion and pepper for 9–10 minutes, stirring, until softened. Add garlic and paprika for 30 seconds.

2. Stir in crushed tomatoes, salt and pepper. Simmer uncovered for 12–15 minutes, stirring along the base, until thick enough to leave a brief spoon trail. Reduce heat if it spits heavily.

3. Fold in drained beans and corn and heat gently for 5–6 minutes until hot throughout at 165°F/74°C, stirring so the base does not catch. Sprinkle all the measured cheddar evenly over the surface, cover on low heat for 2–3 minutes until melted, then take off the heat.

4. Meanwhile warm tortillas to their package instructions. Divide all skillet contents between 2 plates or bowls and serve each with 2 tortillas.

A useful kitchen skill

Reduce a wet tomato base before adding a melted topping. Cheese cannot substitute for giving excess water time to evaporate.

A useful detail

The 60-minute total allows full vegetable softening and tomato reduction rather than assuming canned ingredients eliminate all cooking. The estimate uses canned pinto-bean drained solids, drained corn and the full cheese/tortilla amounts.

Keep it well

Refrigerate leftovers promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat the needed bean portion to 165°F/74°C throughout, stirring before any short covered finish. Store and warm tortillas separately according to their package.