Butter Bean and Kale Tomato Pot

2 deep bowls, each with half the bean-kale pot and 1 slice of bread · Active 30 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 1/2 cups fully cooked unsalted large lima beans/butter beans, drained (400 g)

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

• About 5 packed cups kale, thick stems removed and tender stems/leaves separated (160 g prepared)

• 1 small onion, finely diced (100 g)

• 2 garlic cloves, minced (6 g)

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

• 1/2 teaspoon sweet paprika (1 g)

• 3/4 cup water (180 ml)

• 2 teaspoons lemon juice (10 ml/about 10 g)

• 1/4 teaspoon fine salt (1.5 g)

• 1/8 teaspoon black pepper (0.3 g)

• 2 slices whole-wheat bread (80 g total)

Set out

3-liter/3-quart saucepan with lid, Knife and board, Sieve, Kitchen scale, Measuring jug, Broad spoon, Food thermometer, 2 deep bowls

Allergens

Wheat; check bread labels for milk, sesame or other added allergens. Check labels and substitutions.

Make it

1. Check that the beans are already fully cooked and safely stored. Strip out thick kale stems. Finely slice tender stems and roughly chop the leaves into short strips, keeping them separate.

2. Heat oil in the saucepan over medium heat. Cook onion and finely sliced tender kale stems for 8–10 minutes until softening. Stir in garlic and paprika for 30 seconds.

3. Add tomatoes, water, salt and pepper and bring to a simmer. Fold in kale leaves, cover and cook gently for 10–12 minutes, stirring once, until the leaves are tender enough to bite easily. Tougher kale may need a few extra minutes.

4. Fold in drained cooked beans. Cover and simmer gently for 8–10 minutes until the whole mixture reaches 165°F/74°C. Stir carefully to avoid crushing every bean. If very thick, loosen with a small splash of hot water; if too loose, simmer uncovered briefly.

5. Take off the heat, stir in lemon juice and divide between 2 bowls. Serve each with 1 slice of the measured bread.

A useful kitchen skill

Start tender vegetable stems before their leaves, and distinguish fully cooked bean weight from dry or undrained package weight.

A useful detail

The base estimate uses cooked, drained, unsalted mature large lima beans, not dry beans or canned beans plus packing liquid. Dry-bean preparation is outside this meal time; canned beans are a variation with a different nutrition basis.

Keep it well

Refrigerate 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 or the original cooked beans' remaining safe storage period, whichever ends first. Reheat only the portion needed to 165°F/74°C throughout. Freeze for up to 2 months and thaw in the refrigerator. Keep bread separate.