

White Bean Puttanesca

Prep: 10 minutes • Cook: 20 minutes

A one-pot, briny and richly savory puttanesca with creamy white beans simmered in tomatoes, olives, capers, garlic, and a touch of miso for deep umami. A vibrant, vegan and gluten-free twist on an Italian classic.

Ingredients

- 1 (28 oz) can peeled whole tomatoes (drained and mashed)
- 1/4 cup olive oil
- 5 cloves garlic (thinly sliced)
- 1/3 cup kalamata olives (sliced in half)
- 2 tablespoons capers (drained)
- 2 teaspoons miso paste (mellow)
- 1 teaspoon fresh leaves or 1/2 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes
- 46.5 ounces cannellini beans (canned, drained and rinsed)
- to taste salt
- to taste black pepper

Instructions

1. Drain the canned whole tomatoes in a fine-mesh sieve, discarding the juices. Transfer tomatoes to a bowl and mash with a fork or potato masher into bite-sized pieces.
2. Warm the olive oil in a large sauté pan over medium heat. Add the sliced garlic and cook 3 to 5 minutes, until the edges are golden.
3. Add the olives, capers, miso paste, thyme, and red pepper flakes; sauté 1 to 2 minutes, mashing the miso to evenly distribute.
4. Add the drained and rinsed cannellini beans and the mashed tomatoes. Bring to a simmer over high heat, then reduce to medium and simmer 10 to 15 minutes, stirring occasionally. If splattering, cover with a splatter guard or reduce heat.
5. Remove from heat and season with salt and pepper to taste. Serve warm over rice or polenta, or with crusty bread and roasted vegetables. Store leftovers refrigerated up to 5 days or freeze up to 2 months.

Tags: Vegan, Gluten Free, Italian, One Pot, Beans, Stew

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