



# Let's Do This at Home!

Recipes and Inspiration That Make it Easier to Stay at Home

Canned beans are truly magical—versatile, healthy, and inexpensive—making them the perfect fit for your pantry shelves!

## Tuna-and-White-Bean Salad

2 cans (6-ounces) tuna packed in oil	10 ounces arugula
2 cans (15-ounces) good quality white beans, preferably cannellini, drained and rinsed	2 tablespoons olive oil
1 red onion, thinly sliced	1 tablespoon red or white wine vinegar
1 tablespoon capers, drained	$\frac{3}{4}$ teaspoon salt
	1 teaspoon fresh-ground black pepper

Put the tuna with its oil, the beans, onion, capers, arugula, olive oil, vinegar, salt, and pepper in a large bowl. Toss gently to combine.

*Note:* If your tuna has less than one-and-a-half tablespoons of oil per can, add a little extra olive oil to make up the difference.

---

## Pantry Pasta with Vegan Cream Sauce

$\frac{1}{2}$ cup plus 2 tablespoons extra-virgin olive oil, divided, plus more for drizzling	12 ounces rigatoni
1 cup walnuts, finely chopped	Kosher salt
$\frac{1}{4}$ teaspoon crushed red pepper flakes	1 lemon, zested
5 garlic cloves, 1 whole, 4 thinly sliced	2 tablespoon finely chopped parsley
2 sprigs rosemary	Freshly ground black pepper
2 cans (15 $\frac{1}{2}$ ounces) cannellini beans (white kidney beans), rinsed	

Heat  $\frac{1}{4}$  cup oil in a large heavy pot, over medium. Add walnuts and red pepper flakes and cook, stirring often, until nuts are deeply golden, about 5 minutes. Transfer to a small bowl and grate in whole garlic clove; set aside.

Combine  $\frac{1}{4}$  cup oil and sliced garlic in pot and cook over medium-low heat, stirring occasionally, until oil around garlic is bubbling vigorously and garlic is beginning to brown. Firmly crush rosemary in your hand to bruise; add to pot along with beans and stir to coat. Increase heat to medium and cook, stirring occasionally, until beans are just beginning to take on color, about 3 minutes.

Meanwhile, cook pasta in a large pot of boiling salted water, until very al dente, about 2 minutes less than package directions.

When pasta is about 4 minutes away from being done, transfer 1 cup pasta cooking liquid to pot with beans. Using a wooden spoon, mash beans into a creamy sauce.

Using a slotted spoon, transfer pasta to pot with beans and add 1 cup pasta liquid and 2 tablespoons oil; mix well to combine. Increase heat to medium-high, bring to a simmer and cook, stirring gently with a heatproof rubber spatula, until sauce coats pasta, about 2 minutes. Add lemon zest. Squeeze in juice from  $\frac{1}{2}$  the lemon and add parsley; mix well to combine. Season with pepper. Serves 4

## Vegetarian Chili with Fritos

½ bunch cilantro  
¼ cup extra-virgin olive oil  
2 cups onion, finely chopped,  
2 tablespoons set aside  
2 teaspoons chili powder  
6 garlic cloves, finely chopped  
¼ cup tomato paste  
1 can (28 ounces) fire-roasted tomatoes

2 cans (15 ounces) pinto beans,  
drained and rinsed  
2 teaspoons kosher salt, plus more  
1½ cups Fritos or other salted tortilla chips, divided  
1 lime, cut in half  
Avocado, sour cream, cilantro, shredded cheddar  
cheese for topping

Separate leaves from stems from ½ bunch cilantro. Coarsely chop leaves; set aside for serving. Finely chop stems.

Heat olive oil in a large saucepan over medium-high. Add onion, garlic, cilantro stems, and chili powder and cook, stirring frequently, until onion is starting to soften, 5–6 minutes. Add tomato paste and cook, stirring frequently, until starting to stick to bottom of pan, 2–3 minutes.

Add tomatoes and bring to a simmer. Cook, stirring frequently, until tomatoes are cooked down and slightly darker in color, 8–10 minutes.

Add beans, salt, and water. Bring to a boil over high heat, then reduce heat to medium-low and simmer uncovered, stirring occasionally, for 30–35 minutes. Mash about one-quarter of beans with the back of a wooden spoon or potato masher. Stir in 1 cup Fritos and cook, stirring occasionally, until softened, 1–2 minutes. Squeeze in juice of half a lime, then taste for salt.

Cut remaining lime half into 4 wedges. Divide soup among bowls. Top with sour cream, avocado, reserved cilantro leaves, chopped onion, cheese and remaining ½ cup Fritos. Serves 4-6

---

## Cheesy White Bean-Tomato Bake

¼ cup extra-virgin olive oil  
4 large garlic cloves, thinly sliced  
5 tablespoons tomato paste  
2 (15-ounce) cans white beans  
(such as cannellini or Great Northern),  
drained and rinsed

½ cup boiling water  
1 teaspoon dried oregano  
¼ teaspoon crushed red pepper flakes  
Kosher salt and black pepper  
½ pound mozzarella, coarsely grated

Heat the oven to 475°F. In a 10-inch ovenproof skillet, heat oil over medium-high heat. Fry the garlic until it's lightly golden, about 1 minute. Stir in the tomato paste and fry for 30 seconds, reducing the heat, as needed, to prevent the garlic from burning.

Add beans, water, oregano, chile flakes and generous pinches of salt and pepper and stir to combine. Sprinkle the cheese evenly over the top, then bake until the cheese has melted and browned in spots, 5 to 10 minutes. If the top is not as toasted as you'd like, run the skillet under the broiler for a minute or two. Serve at once. Serves 4.

*Note:* You can add in kale, cooked pasta, thawed frozen vegetables, or roasted vegetables.

Bayview School of Cooking  
Register on-line: [www.BayviewSchoolOfCooking.com](http://www.BayviewSchoolOfCooking.com)  
[FACEBOOK.com/BayviewSchoolofCooking](https://www.facebook.com/BayviewSchoolofCooking)  
[BayviewSchoolOfCookingBlog.wordpress.com](http://BayviewSchoolOfCookingBlog.wordpress.com)