



Tuscan Beans in Summery Tomato Ragù

READY IN



4500 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rib celery thinly sliced
- ☐ 8 servings accompaniment: crusty bread
- ☐ 1 pounds cannellini beans dried picked over rinsed
- ☐ 3 garlic cloves minced
- ☐ 1 pound grape tomatoes
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 1 teaspoon sugar

- ☐ 3 thyme sprigs
- ☐ 2 tablespoons butter unsalted divided

Equipment

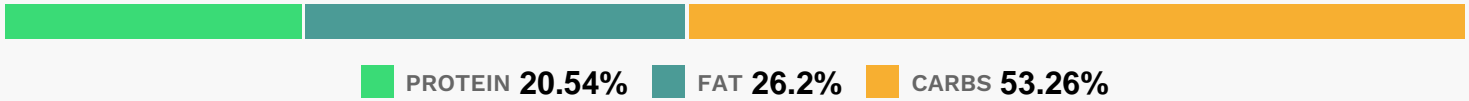
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Soak beans in water to cover by 2 inches overnight (8 hours) or quick-soak (see cooks' note, below), then drain.
- ☐ Cover beans with water by 2 inches in a 5- to 6-quart pot. Bring to a boil, then reduce heat and briskly simmer, uncovered, stirring occasionally and skimming foam, until beans are very tender, 40 to 50 minutes. Reserve 2 cups cooking water, then drain beans.
- ☐ Halve 1 cup tomatoes lengthwise and set aside. Pulse remaining tomatoes in a food processor until almost smooth.
- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Cook onion, celery, and garlic in oil and 1 tablespoon butter with 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet, stirring occasionally, until softened, about 5 minutes.
- ☐ Add tomato purée, thyme, sugar, 3/4 teaspoon salt, and reserved 2 cups bean-cooking water and simmer, stirring occasionally, until liquid is slightly thickened, about 10 minutes.
- ☐ Whisk in remaining tablespoon butter, then stir in beans.
- ☐ Transfer to a 3-quart shallow baking dish.
- ☐ Sprinkle evenly with cheese, then scatter tomato halves over top.
- ☐ Bake, covered tightly with foil, until liquid is reduced and beans are saucy but not soupy, 25 to 30 minutes.

- ☐ Let stand, covered, 10 minutes before serving (beans will continue to absorb liquid).
- ☐ Avignonesi Rosso di Toscana '05
- ☐ •To quick-soak beans, cover with water by 2 inches in a 5-to 6-quart heavy pot and bring to a boil, then boil 1 minute.
- ☐ Remove from heat and cover, then soak 1 hour.
- ☐ Drain, discarding water. •Beans can be cooked 1 day ahead. Cool in liquid, then chill. •Tomato ragù can be made 1 day ahead and chilled. •Dish can be assembled (but not baked) 8 hours ahead and chilled.
- ☐ Calories 286, Total fat8g, Saturated Fat 3g, Cholesterol 12mg, Sodium 389mg, Carbohydrate 39g, Fiber10g, Protein 16g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:43.7, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:19.930000167826%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 293.17kcal (14.66%), Fat: 8.76g (13.48%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 27.69g (10.07%), Sugar: 3.75g (4.17%), Cholesterol: 11.77mg (3.92%), Sodium: 118.05mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Folate: 285.48µg (71.37%), Fiber: 12.38g (49.53%), Manganese: 0.91mg (45.74%), Phosphorus: 317mg (31.7%), Magnesium: 118.31mg (29.58%), Vitamin B1: 0.41mg (27.16%), Potassium: 948.49mg (27.1%), Copper: 0.52mg (26.05%), Iron: 3.47mg (19.27%), Calcium: 185.91mg (18.59%), Vitamin B6: 0.33mg (16.58%), Vitamin C: 12.38mg (15%), Selenium: 9.25µg (13.21%), Vitamin A: 627.23IU (12.54%), Zinc: 1.63mg (10.84%), Vitamin B2: 0.18mg (10.41%), Vitamin K: 10.44µg (9.94%), Vitamin B3: 1.54mg (7.69%), Vitamin B5: 0.73mg (7.28%), Vitamin E: 1.03mg (6.9%), Vitamin B12: 0.08µg (1.35%)