Main dishes / United States

Warm white beans with pumpkin and tomato · United States

Cooked pulses and two vegetables brought together with a United States-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 650 g drained cooked white beans
- ☐ 400 g pumpkin
- ☐ 300 g tomato
- ☐ 200 ml low-salt vegetable stock
- ☐ 3 g smoked paprika
- ☐ 2 g ground cumin
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Finely chop the onion and cut both vegetables small.

02 Soften the onion in the oil and add the firmer vegetable first. Cook for a few minutes.

03 Add the stock and remaining vegetable. Cover and simmer until all vegetables are tender.

04 Stir in the pulses and heat for five minutes, until the whole dish is piping hot.

05 Stir in the smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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