

Cannellini Beans on Bruschetta (Fagioli cannellini su bruschetta)



Ingredients:

Ciabatta Bread – 20 slices

Garlic, whole – 1 clove

EVO Oil – 2 tbsp

Sea Salt & Freshly cracked Pepper

Red Onion, peeled & thinly sliced – 1 med

Cherry Tomatoes, quartered – 6 oz

Italian Parsley, chopped – 2 tbsp

Cannellini Beans, drained & rinsed – 3 cans

Directions:

Arrange the bread slices on a roasting pan, drizzle with olive oil and some sea salt and toast in a 350° oven, don't burn them.

Turn them over and roast the other side.

While the bread is toasting, prepare the drained, rinsed beans.

Chop the parsley.

Heat a frying pan over a medium heat, then add the oil and sliced onion and season with salt.

Cook for 5 minutes until softened.

Add the tomatoes, cook for about a minute until they start to release their juices, then stir in the parsley.

Add the beans and cook for 2 minutes until warmed through, adding a little water if the mixture seems dry.

You do not want the beans to get mushy, so once cooked, remove from the heat and season well with black pepper.

When the ciabatta is done, rub one side with the garlic. Serve the beans on top of the toast and finish with a drizzle of olive oil.