

Roasted Tomato and White Bean Stew

By [Colu Henry](#).



Christopher Simpson for The New York Times. Food Stylist: Barrett Washburne.

Time 30 minutes

Level

Rating 5 ★★★★★ (9481)

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INGREDIENTS

Yield: 4 to 6 servings

½ cup roughly chopped Italian parsley leaves and tender stems

2 teaspoons lemon zest (from 1 large lemon)

PREPARATION

Step 1

Heat the oven to 425 degrees. In a small bowl, gently toss together the parsley and lemon zest with your hands until well combined; set aside.

Step 2

This hearty, flexible stew comes together with pantry ingredients and delivers layers of flavors. Cherry tomatoes, roasted in a generous glug of olive oil to amplify their sweetness, lend a welcome brightness to this otherwise rich dish. Onion, garlic and red-pepper flakes form the backbone of this dish, to which white beans and broth are added, then simmered until thick. While this stew is lovely on its own, you could also add wilt-able greens such as kale, escarole or Swiss chard at the end, and toasted bread crumbs on top. The dish is vegan as written, but should you choose to top your bowl with a showering of grated pecorino or Parmesan, it would most likely work well in your favor.

- 2 (10-ounce) containers
cherry or grape tomatoes
- ¼ cup olive oil, plus 2
tablespoons and more for
drizzling (optional)
- 1 tablespoon fresh thyme
leaves
- Kosher salt and black
pepper
- 1 medium yellow onion,
thinly sliced
- 3 large garlic cloves, thinly
sliced
- ½ teaspoon red-pepper
flakes
- 2 (15-ounce) cans white
beans (such as butter or
cannellini), rinsed
- 1½ cups vegetable or chicken
broth, or water
- Flaky salt, for serving
(optional)
- Toasted bread, for serving

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Ingredient Substitution
Guide

[Nutritional Information](#)

In a large baking dish or on a sheet pan, toss the tomatoes with ¼ cup oil and thyme; season well with salt and pepper. Roast tomatoes until they have collapsed and begin to turn golden around the edges, 20 to 25 minutes.

Step 3

When the tomatoes are almost done roasting, heat 2 tablespoons oil in a large (12-inch), deep skillet or Dutch oven over medium. Add the onion, garlic and red-pepper flakes and cook until the onion is softened and the garlic is fragrant, 4 to 5 minutes. Stir in the rinsed beans and broth and bring to a simmer. With the back of a spoon or spatula, gently smash about ½ cup of the beans so they slightly thicken the broth. If you want a thicker stew, crush some more of the beans. Season with salt and pepper.

Step 4

When the tomatoes are finished roasting, add them directly to the stew along with any juices that have been released. Simmer for 5 to 10 minutes more so the flavors become friendly; season to taste with salt.

Step 5

Ladle into shallow bowls. Top each serving with some of the lemon-parsley mixture and drizzle with more olive oil, and season with flaky salt, if you like. Serve with toasted bread.

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