ITALIAN · SIDE

Fagioli all'Uccelletto (Tuscan Beans with Tomato and Sage)

Fagioli all'uccelletto

45 min · Serves 5 · 294 kcal a serve

Video 6:29 in Italian · IlBoccaTV - Cucina toscana e italiana in vernacolo

Vegan · Gluten-free ingredients · No nuts listed

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8 g fibre, 11 g plant protein and 25 g net carbs a serve: cannellini beans simmered in tomato with garlic, sage and olive oil; a good source of iron and folate.

Diet notes: Low saturated fat (2 g, 6% of the energy).

Ingredients 7 · SERVES 5

- [ ] 1 lb cooked **cannellini beans**, with a little of their cooking liquid
- [ ] 1 lb peeled **tomatoes** (pelati)
- [ ] 4–5 tbsp extra **virgin olive oil**, plus a drizzle to finish
- [ ] 2 **garlic** cloves, germ removed, finely chopped
- [ ] **fresh sage**, a good sprig
- [ ] **salt**, to taste
- [ ] **black pepper**, plenty

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. If you start from dried beans, cook them in at least 4 times their weight of water with 2–3 garlic cloves and a little sage, barely trembling (never boiling) with the lid ajar, for about 2 hours. Salt only at the end. 1:40
2. Pour the oil into a tall pan and heat it. Peel the garlic, remove the green germ and chop it very finely. 2:37
3. Add the garlic to the hot oil, then the peeled tomatoes and a splash of water; keep a lid handy as it spits. 2:56
4. Crush the tomatoes, bring to the boil over high heat, then cook over medium heat for 15–20 minutes, until they break down and the oil turns red. 3:17
5. Add the beans with a little of their cooking liquid, bring back to the boil, then add the sage, salt (the beans are unsalted) and plenty of pepper. 3:54
6. Cook uncovered over gentle heat for 15–20 minutes more, until the beans turn reddish and the liquid has cooked away; keep the heat low so they don't turn to mush. 4:34
7. Taste for salt, finish with a little pepper and a drizzle of olive oil, and serve. 5:26

> **Tip** The cook says it serves 4–5; we use 5 as a side. In Tuscany it often comes with grilled sausages (salsicce e fagioli); it also goes well with roast chicken or eggs. 1 lb cooked beans is about 8 oz dried, or two drained cans.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
294 kcal	11 g	33 g	8.3 g	14 g	520 mg
1,230 kJ	23% of a day	25 g net · 4.3 g sugars	30% of a day	2 g saturated	23% of a day
		12% of a day		18% of a day	

Energy from net carbs 37% · protein 16% · fat 47%

High in (20%+ of a day) Iron 29% · Vitamin E 26% · Folate 24%

Source of (10–19%) Magnesium 19% · Potassium 18% · Zinc 16% · Vitamin K 14% · Vitamin B6 13% · Omega-3 13% · Vitamin C 11% · Calcium 10%

Recipe and video: IlBoccaTV - Cucina toscana e italiana in vernacolo (@IlBoccaTV) on YouTube — youtube.com/watch?v=E1gqK3Rrur0, published 7 November 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fagioli-all-uccelletto