

Healthier baked beans

Preparation and cooking time 25 minutes

Ingredients:

- 1 onion, finely chopped
- 1 tablespoon olive oil
- 2 tins good quality chopped tomatoes
- 2 tins cannellini or butter beans, drained and rinsed
- 1 tbsp. maple syrup (optional)
- 1 tbsp. apple cider vinegar
- 2 tablespoons parsley chopped

Directions:

- Heat large pan and saute onion in olive oil until softened, 3 – 4 minutes, then add tinned tomatoes and cook on a medium heat for 15 minutes
- Add beans, maple syrup and vinegar and cook for 5 minutes
- Season well, sprinkle with parsley and serve on wholemeal or rye sourdough toast

Most ready-made baked beans come with a whopping 5 tsp sugar. This homemade version is tasty, quick and versatile.

Use to make Middle-Eastern baked eggs. Place a portion in a small frying pan with ½ tsp smoked paprika, 2 roast peppers from a jar, sliced, and a handful of baby spinach. Make two wells in the mixture, crack in two eggs, cover and cook for 5 – 7 minutes until the eggs are just cooked. Perfect for breakfast or a quick dinner.

For a quick bean chilli, add 1 tsp cumin, 1 tsp smoked paprika and some frozen roast vegetables. Top with crumbled feta and chopped fresh coriander.

Use dried beans if you have them, they taste even better. Simply soak 250g dried beans in water overnight. Then rinse and cook in a large pot of salted water for 1 ½ hours or until cooked. Make a bigger batch and freeze extra beans in bags.