

Quick Baked Beans

Serves: 4

From the Garden: tomatoes, garlic, onion, carrot, celery and thyme

Ingredients:

1 x 400g tin cannellini beans (OR 200g dried beans, soaked overnight and cooked)
1 large brown onion
1 carrot
1/2 stick celery
2 rashers of bacon
2 cloves crushed garlic
1 x 400g tin tomatoes (OR 2 fresh tomatoes skinned and diced)
2 tbsp extra virgin olive oil
1 sprig of thyme
1 bay leaf
1/2 tsp paprika
1/4 tsp ground coriander
1/4 cup golden syrup OR maple syrup
sea salt and black pepper

Equipment:

Basic toolbox, sauté pan, garlic crusher, box grater

Method:

1. Wash and dry vegetables and herbs thoroughly.
2. Peel carrot and grate on coarse side of box grater. Then place onto a chopping board and chop even smaller and set aside.
3. Dice celery into small pieces and set aside.
4. Dice bacon into thin strips and set aside.
5. Drain cannellini beans over the sink and rinse with cold water. Set aside.
6. Peel onion and dice finely. Place this in pan with olive oil.
7. Place sauté pan on stove burner and put on medium heat.
8. Sauté onion until softened but not too brown.
9. Add bacon, garlic and sauté for a further 2 minutes.
10. Now add celery and carrots and sauté for 2 minutes.
11. Add beans, tomatoes, spices, bay leaf and thyme. Add half a can of water, put the lid on pan and reduce heat. Simmer beans until sauce had reduced and thickened.
12. Five minutes before beans are ready add golden syrup and stir through.
13. Taste for seasoning and add a little sea salt and black pepper if needed.
14. Serve on crusty sourdough bread or with poached eggs.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "The Cook's Companion" by Stephanie Alexander