

Baked Beans

Homemade Baked Beans on Whole meal Toast



Number of servings: 2

Prep time: 10 min

Cook time: 15 min

Total time: 25 min

Cost: £0.40p Per portion

Ingredients:

- ½ onion, finely diced
- 2 garlic cloves, minced
- 2 tsp tomato puree
- ½ tsp smoked paprika
- ½ tsp dried thyme
- 1 tsp soy sauce
- ½ x tin cannellini beans, drained and washed
- 50g passata
- Salt and pepper
- 1 tbsp of Olive oil

Directions:

1. Heat the oil in a saucepan and add the onion and garlic. Cook over a medium to low heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme and soy sauce, cook for a couple more minutes.
2. Add the beans and passata, and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little
3. Season generously with black pepper - you probably won't need salt because of the soy sauce but add it if you think it needs it. Serve warm on toast.