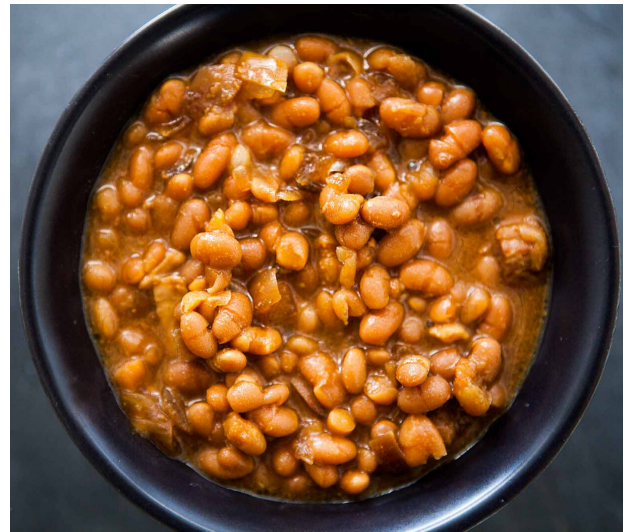


HOMEMADE BAKED BEANS

INGREDIENTS

- 2 teaspoons of olive oil
- 3 rashers of bacon, chopped
- 1 small onion, finely chopped
- 1 clove garlic, crushed or finely chopped
- 1 400gm can of diced tomatoes
- 1 teaspoon of brown sugar
- 1 Tablespoon of Tomato Paste
- 2 x 400gm cans of borlotti beans, drained and rinsed



TIPS

TIP 1: You can turn this meal into a healthy soup by adding some stock and vegetables such as carrots, celery, beans (green) or whatever you like.

TIP 2: To add more flavor, you can add a teaspoon of curry powder, some chilli powder, or a quarter cup of freshly chopped herbs. You can buy various blended herb mixes such as Italian, Mexican and many others.

TIP 3: If you'd like to add cheese, sprinkle it onto the beans when you are ready to eat. Don't add cheese to all of it if you intend to freeze some. This extends the freezing time and when you do add the cheese, it will taste fresh

METHOD

- Heat the saucepan until hot
- Add bacon and cook for 4 to 5 minutes or until crisp
- Add onion to the frying pan and fry for 3 minutes or until the onion is tender
- Add garlic and cook for a couple of minutes
- Add the tomato paste and fry for a couple of minutes
- Add the tinned tomatoes and brown sugar
- Add any additional herbs, spices or flavoring (see **TIP 2**)
- Add the beans
- Stir often
- Add salt and pepper to taste