



HOMEMADE BAKED BEANS

INGREDIENTS

2 x 420 g tin of cannellini beans drained and rinsed well in a colander under running water.

1 tbsp olive oil

1 x red onion finely chopped

3 x cloves garlic finely chopped

3 x rashers of bacon, rind removed and chopped

1 x can diced tomatoes

1 x tbsp tomato paste

Dash Worcestershire sauce

½ tsp chilli flakes (Full teaspoon if you like things a bit spicy)

1 x bay leaf

2 x sprigs thyme

1 x tbsp parsley

Salt and pepper

1 x tsp Hot English mustard

2 x tsp brown sugar

1 x tsp paprika



METHOD SERVES 4

- Pre heat the oven to 160 degrees.
- Sauté the onion, bacon and garlic in olive oil in a heavy based fry pan, until golden.
- Add the tinned tomatoes, tomato paste, worcestershire sauce, herbs, chilli flakes, mustard, salt, pepper, brown sugar and paprika. Stir together and then simmer for approximately 5 minutes.
- Put the drained beans into an oven proof dish and pour the tomato sauce over the top, placing a sheet of oven baking paper directly on top of the beans and sauce (or a lid) and cook in a slow oven for an hour.
- Sprinkle with some extra chopped parsley and serve.