

HOMEMADE BAKED BEANS

Jay
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 Makes 2 Portions

 Total Time: 20min

 Prep: 10min

 Cooking: 10min

 Storage: 5 days

Ingredients:

- 10ml of oil
- 1/2 a red onion
- 2 garlic cloves
- 1 tablespoon of tomato purée
- 1/2 tsp smoked paprika
- 1/4 tsp dried thyme
- 10g of brown sugar
- 10ml of soy sauce
- 1 x 400g of tinned cannellini beans, drained weight – 240g
- 100g of tomato passata
- A pinch of black pepper

Method:

Heat the oil in a saucepan,

Add the finely diced onion and minced garlic.

Cook over a medium heat for 5 minutes until soft and translucent.

Add the tomato purée, paprika, thyme, brown sugar and soy sauce, and cook for 5 more minutes

Add the beans and the tomato passata, and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened and reduced a little

Season generously with black pepper – you probably won't need any salt at all because of the soy sauce, but add it if you think it needs it.

Serve warm on toast or as part of a main dish

Equipment needed: Chopping board, Chef's knife, Thick based saucepan, Wooden spoon