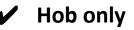


IFAN is working for a society without the need for food aid.



Loaded Beans





Equipment:

- 1 saucepan
- 1 spoon
- Tin opener

Ingredients for 2 portions:

- 1/2 400g tin of baked beans
- ½ 400g tin of other beans e.g. kidney beans
- ½ 400g tin of chopped tomatoes
- 200g tin of vegetables
- Optional: seasoning of your choice e.g. garlic powder, paprika, chilli powder
 - 🖌 Halal
 - ✔ Gluten-free
 - ✔ Dairy-free
 - Vegan

Steps:

- Add the baked beans and tinned tomatoes to the saucepan on a medium heat. Drain the other tin of beans and add to the pan. Stir thoroughly.
- Drain the tinned vegetables before adding to the saucepan and stirring into the bean mixture. Add any seasoning of your choice and stir.
- 3. Let the mixture simmer (bubble on a low heat) for 5 minutes.

Try serving with:

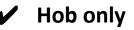
- Toast
- On top of a jacket potato
- On top of rice, couscous or pasta



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Loaded Beans





Equipment:

- 1 saucepan
- 1 spoon
- Tin opener

Ingredients for 4 portions:

- 400g tin of baked beans
- 400g tin of other beans e.g. kidney beans
- 400g tin of chopped tomatoes
- 300g tin of vegetables
- Optional: seasoning of your choice e.g. garlic powder, paprika, chilli powder
- 🖌 Halal
- ✔ Gluten-free
- ✔ Dairy-free
- Vegan

Steps:

- Add the baked beans and tinned tomatoes to the saucepan on a medium heat. Drain the other tin of beans and add to the pan. Stir thoroughly.
- Drain the tinned vegetables before adding to the saucepan and stirring into the bean mixture. Add any seasoning of your choice and stir.
- 3. Let the mixture simmer (bubble on a low heat) for 5 minutes.

Try serving with:

- Toast
- On top of a jacket potato
- On top of rice, couscous or pasta