

Loaded Beans

✓ Hob only



Equipment:

- 1 saucepan
- 1 spoon
- Tin opener

Ingredients for 2 portions:

- ½ 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:

1. 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.
2. 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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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

Steps:

1. 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.
2. 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

- ✓ Halal
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