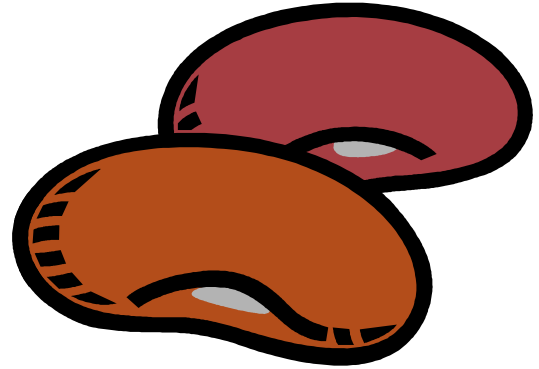


# Homemade Baked Beans on wholegrain Toast

Serves 6

## Ingredients

- 250g Pinto Beans
- 200g Unsmoked back bacon, chopped
- 1 small onion, finely chopped
- 1 stick celery, finely chopped
- 1 clove garlic, crushed
- 2 tbsp black treacle
- 800g chopped tomatoes
- 2 tbsp tomato puree
- 9 slices wholegrain bread
- low fat spread
- 40g flat leaf parsley, chopped



## Method

- Soak the beans in cold water over night and cook them according to the packet instructions the following day
- Heat a large frying pan and add the bacon. fry for 1 minute, then add the onion, celery and garlic and continue to fry for 4-5 minutes until the bacon is cooked and the onion has started to soften
- stir in the chopped tomatoes, black treacle and tomato puree. bring to a simmer, then stir in the cooked beans. return to the boil and simmer for about 10 minutes.
- stir the chopped parsley into the beans, then spoon over the toast and serve immediately

## Nutrition per 100g

Energy 138kcal; Protein 8.4g; Carbohydrate 17.4g; of which sugars 3.2g; Fat 3.9g; of which saturates 1.2g; Fibre 1.5g; Sodium 0.3g; Salt 0.75g.

## Cook's Tips

Other beans, such as haricot and cannellini beans can be used.

To save time, tinned varieties can be used

This recipe can also be used for a jacket potato topping