



## HOMEMADE BAKED BEANS



MINUTES TO PREPARE  
10



TIME TO COOK  
1 hr



SERVES  
4

### INGREDIENTS

**1 onion**, peeled and diced  
**2 cloves garlic**, peeled and diced  
**1 tablespoon rapeseed oil**  
**1 stalk celery**, finely diced  
**1/2 red pepper**, core removed and finely diced  
**1 x 400g tin black eyed beans**, drained and rinsed  
**1 x 400g chopped tinned tomatoes**  
**1 tablespoon tomato puree**  
**2 teaspoons paprika**  
**1/2 teaspoon garam masala**  
**1/2 teaspoon ground cinnamon**  
**1 tablespoon soy sauce**  
**1 tablespoon Worcestershire sauce**  
**1 tablespoon sugar**  
**1 tablespoon apple cider vinegar**  
**Salt and pepper**

### LET'S GET COOKING

- 1** In a medium- sized saucepan (with a lid), heat the rapeseed oil over a medium heat. Add the onions and celery, and sauté for 4 minutes. Add the red pepper and garlic and stir for 2 minutes.
- 2** Add the spices and stir for a further minute. Add the tomatoes, soy sauce, Worcestershire sauce, sugar, vinegar, black eyed beans and pepper and stir.
- 3** Bring to the boil, turn the heat down to a gentle simmer and pop a lid on. Simmer gently for 1 hour, stirring from time to time to ensure it doesn't catch on the bottom.

*"There is something soulful about making baked beans. Such a staple in most families, Heinz baked beans are a great source of fibre. However, they have got lots of hidden salt and sugar. Here is a healthful version of the family favourite packed full of vegetables, spices and pulses making them ideal for a balanced diet.*

*I love playing around with homemade baked beans. How about adding some grated cheddar cheese and a few sprigs of thyme to the top 10 minutes before the end of cooking? Or throwing in some chunks of chorizo when you add the beans. Or how about frying off an egg or two and serving them on top? Or serving alongside a leg of lamb? Or what else might tickle your fancy?!"*