



BAKED BEANS

Season: Anytime
From the garden:
Type: Breakfast, lunch
Difficulty: Easy
Country of origin: USA
Serves: 6 serves or 30 tastes
Source: greatbritishchefs.com

Equipment

- *chopping board
- *knife
- *saucepan
- *can opener
- *measuring spoon
- *wooden spoon
- *colander
- *garlic mincer

Ingredients

- *1 onion
- *2 garlic cloves
- *1x 400g can tomatoes or passata
- *2x 400 g cannellini beans
- *2 tsp smoked paprika
- * $\frac{1}{2}$ tsp cumin
- *1 tbsp worcestershire sauce
- *1 tbsp tomato paste
- *1-2 tbsp brown sugar
- *1-2 tbsp soy sauce
- *black pepper to taste
- *olive oil for frying

Method

- 1. peel and dice onion finely**
- 2. peel and mince garlic**
- 3. open cans of beans, dip them in a colander and rinse with cold water**
- 4. heat a little olive oil in the saucepan and cook the onions and garlic for a few minutes**
- 5. add the cumin and paprika and cook for another minute**
- 6. add all the other ingredients and simmer for 10 minutes on a low heat**
- 7. taste and adjust seasoning. You might want to add more salt or sugar**
- 8. add a little bit of water if too thick**

Notes:

Skills: measuring, *mixing, dicing*