

Homestyle baked beans



Makes 4 serves

Ingredients

- olive or canola oil spray
- 1 medium brown onion, peeled and diced
- 2 cloves garlic, crushed
- 1 tbs no-added-salt tomato paste
- 1 tsp smoked paprika
- 400g can no-added-salt diced tomatoes
- 1 tbs salt-reduced tomato sauce
- 1 tbs Worcestershire sauce
- 420g can no-added-salt cannellini or butter beans, drained and rinsed
- 3 tbs parsley, finely chopped
- 4 slices wholegrain bread, toasted
- freshly ground or cracked black pepper, to taste

Method

1. Spray oil in a medium saucepan and cook onion and garlic over medium heat until softened.
2. Add the tomato paste and smoked paprika. Stir through and cook for 1 minute.
3. Add the can of tomatoes, including juice, tomato sauce and Worcestershire sauce. Mix well and bring to the boil.
4. Reduce the heat and simmer uncovered for 10 minutes until slightly thickened.
5. Add in the cannellini beans and stir until heated through.
6. Remove from heat, mix in the parsley, pepper and serve on toast.

“ These homemade baked beans make a great start to the day, providing both protein and fibre to maintain your satiety throughout the morning. The beans with the wholegrain bread will deliver a steady supply of energy. Make up a batch and serve with a salad for an easy and quick healthy lunch at work or home.

Mary du Heaume
Dietitian APD
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Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	808 kJ	357 kJ
Protein	8.8 g	3.9 g
Fat, total	2.9 g	1.3 g
— saturated	0.5 g	0.2 g
Carbohydrate	29.7 g	13.2 g
— sugars	9.2 g	4.1 g
Sodium	558.7 mg	247.2 mg
Fibre	8.3 g	3.7 g

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