

Recipe of the Month - May

Italian Bean Bake

A great meat-free dish for all the family to enjoy

Portions 6

Ingredients

15ml	Oil
125g	Onions – finely chopped
7.5g	Garlic – finely chopped
200g	Tinned Chopped Tomatoes
25g	Tomato Puree
200g	Tinned Mixed Beans – drained and rinsed
6g	Vegetable Stock mixed with 1 litre water
1/2 tsp	Dried Mixed Herbs
250g	Frozen Potato Wedges

Optional Topping

25g	Fresh Breadcrumbs
25g	Grated Cheese

Method

1. Gently sauté the onions in the oil until soft and golden. Add the garlic, cook for 1 minute.
2. Add the tomatoes, puree and herbs, bring to the boil and add the stock. Add the beans and reduce heat and simmer for about 30 minutes.
3. Add the wedges, stir well and pour into an ovenproof dish.
4. Bake in a hot oven Gas 7, 200°C, 425°F for approximately 45 minutes.
5. For a crisper topping, sprinkle with the combined breadcrumb and cheese mixture.

Delicious served with garlic bread and mixed salad!

