

Homemade Baked Beans



Ingredients

- 1 small onion chopped
- 1 garlic clove crushed
- 2 tins of white beans (cannellini) or 1 cup of dried beans soaked and cooked
- 1 tin of crushed tomatoes
- 2 cups of water
- 1 teaspoon of tomato paste
- 1 carrot grated
- 1/2 capsicum finely chopped
- 1/2 teaspoon of oregano
- 1 teaspoon of honey or maple syrup
- 1/2 teaspoon of smoked paprika
- Sea salt and pepper to taste
- Handful of freshly chopped parsley

Method

1. Saute onion and carrot until soft in a large saucepan, pot or casserole dish that can be transferred to the oven
2. Wash and drain cooked beans before adding them to the pot
3. Add remaining ingredients excluding the parsley and bring to a boil
4. Cover with the lid and continue to simmer on a low heat on the stove or transfer to the oven and continue to cook on a low heat for 30 minutes
5. Stir well, taste and season if required
6. Let the liquid evaporate with the lid off a further 5 minutes or until you are happy with the texture
7. Sprinkle with fresh parsley and serve with a side of toasted sourdough or fresh avocado and poached eggs

Stores well in the fridge for up to 5 days or can be frozen for up to 3 months.

Enjoy!