

Baked Haricot Beans

Baked beans from a tin are cheap, nutritious and boring. This recipe produces nutritious interesting beans every time.

Serves 4

Ingredients

- 200 gm black-eye, cannellini or haricot beans
- 1 large onion, peeled and chopped
- 1 clove garlic, crushed
- a little cooking oil
- 400 ml water
- 30 ml tomato puree
- 5 ml dried basil

Method

Soak the beans in cold water overnight, drain and rinse them.

In a cast iron skillet or nice saucepan fry the onions until starting to turn translucent.

Add the drained beans, garlic and water and bring to the boil. Then simmer uncovered for about 45 minutes to 1 hour until the beans are tender and the liquid well reduced.

Stir in the tomato puree and season with basil, salt and pepper to taste.

To serve

Use as a component of Vegetarian Pie¹, or as a filling for Jacket Potatoes², or as a salad dish.

Variation

Other (small) beans work just as well.

¹http://www.fairtradecookbook.org.uk/recipes/vegetarian_pie.htm

²http://www.fairtradecookbook.org.uk/recipes/jacket_potatoes.htm