

# Gourmet Beans On Toast

Building on the quick basic student version, and overtaking the "real" beans on toast, here we have the best of beans on toast full of flavour and protein.

Red Kidney beans are also known as Chili beans as in Chili con Carne.

Quantities given are for four helpings. This is **English**<sup>1</sup> with **Mexican**<sup>2</sup> tendencies.

## Ingredients

- A little sunflower oil
- 200 g haricot beans
- 200 g **FAIRTRADE** red kidney beans
- 1 large onion, peeled and chopped small
- 2 cloves garlic chopped small
- 450 ml cold water
- 5 ml **Fair trade** basil or your favourite herb
- 1 green bell pepper (capsicum) cored, de-seeded and sliced thinly.
- 60 ml tomato puree
- 25 ml Worcestershire sauce
- 10 ml freshly ground **FAIRTRADE** black pepper
- 5 ml tabasco
- 200 g red leicester cheese
- 4 slices wholemeal bread

until the onion is translucent.

Drain the haricot beans and add them to the pan together with 450ml cold water.

Bring the water to the boil and then simmer for 45 minutes to 1 hour uncovered. Stir the beans occasionally and check that they are tender before finishing, there needs to be about a quarter of the cooking liquid left at the end. Add a splash of water if necessary.

Add the herbs, tomato puree, Worcester sauce, and tabasco, and stir gently until well mixed.

Drain the Kidney beans and add to the pan.

Start toasting the bread.

Add the peppers.

Grate the cheese into the mixture and continue to cook for a few minutes (2 or 3) until the cheese is melted

Get your hungry folks to butter their toast and serve the beans immediately they are cooked.

## Method

Soak the beans in plenty of cold water overnight (in separate bowls).

Rinse well and put the **red kidney beans**<sup>3</sup> on to cook.

In a saucepan (or one of those cast iron skillets) fry the onion and garlic in a little sunflower oil

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/countries/mexico.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/chili\\_beans.htm](http://www.fairtradecookbook.org.uk/recipes/chili_beans.htm)