

Real Beans On Toast

Basic **Beans on toast**¹ is a much derided dish but it contains the complementary proteins from the pulses and the grain, together with many vitamins and fibre, so don't knock it.

This **real** beans on toast builds in the spicy flavours and uses the bigger chili beans. Good (**English**)² stuff.

Ingredients

250 g **FAIRTRADE** red kidney beans

*Quantities
as per real
tomato
sauce*

onion

garlic

FAIRTRADE wine

FAIRTRADE lemon juice

tomatoes

tomato puree

Fair Trade herbs

Fair Trade spices

salt

2 slices wholemeal bread

ready, pour the beans on the toast.

To serve

Eat whilst still hot.

Variation

Freeze the rest of the sauce to use later, and use the rest of the beans in **Chili con Carne**⁵ or in **Full of Beans Salad**⁶, or even in "**Gourmet Beans on Toast**"⁷.

Method

Cook 250g **Chili beans (Red Kidney Beans)**³.

Cook real **Tomato sauce**⁴.

Once the tomato sauce is hot mix half the beans with half the sauce.

Toast the bread on both sides.

When the beans are bubbling and the toast is

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

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

³http://www.fairtradecookbook.org.uk/recipes/chili_beans.htm

⁴http://www.fairtradecookbook.org.uk/recipes/tomato_sauce.htm

⁵http://www.fairtradecookbook.org.uk/recipes/chili_con_carne.htm

⁶http://www.fairtradecookbook.org.uk/recipes/full_of_beans_salad.htm

⁷http://www.fairtradecookbook.org.uk/recipes/beans_on_toast_gourmet.htm