

Beany Casserole

Country of origin: England¹.

Double baked beans and **FAIRTRADE** Chutney.

Ingredients

- 250 gm haricot beans
- 250 gm black eyed beans
- 10 g **FAIRTRADE** raw cane sugar
- 30 ml **FAIRTRADE** chutney
- 2 medium onions
- 2 cloves garlic
- 200 ml semi skimmed milk
- a little sunflower oil
- 30 gm wholemeal flour
- 10 ml **FAIRTRADE** ground ginger
- 10 ml english mustard
- 10 ml mixed dried herbs

Method

Preparation

Soak the beans overnight in plenty of cold water.

Skin the onions and garlic and chop fine.

Cooking

Cook the beans in plenty of simmering water on the stove top. (40 minutes to 1 hour, depends on the beans). Drain.

Meanwhile, make the sauce.

Gently fry the onions in the oil until translucent.

Add the ginger, mustard, and then the flour and stir well.

Gradually add the milk and parsley and stir.

Add the herbs and stir well.

Combine the cooked beans and the sauce in the pan and add the sugar and chutney.

Grate a little cheese on top if it is a holiday.

Bake in the oven (Gas Mark 3) for about 1 hour until everything is piping hot and the cheese is melted and crisped.

To serve

Serve with **Nutty Rice**² and a sauce such as **chimichurri sauce**³.

Variation

Other pulses can be substituted for the haricot beans.

Adding a layer of breadcrumbs increases the nutritional value of the pulses, but then it becomes a pie rather than a casserole.

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

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

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