

Homestyle Baked Beans

 Serves 4

Ingredients

Olive or canola oil spray
1 medium brown onion, diced
2 cloves garlic, crushed
1 tbsp no added salt tomato paste
1 tsp smoked paprika
1 x 400g tin no-added salt diced tomatoes
1 tbsp salt-reduced tomato sauce
1 tbsp Worcestershire sauce
1 x 400g tin cannellini or butter beans, drained and rinsed
3 tbsp parsley, finely chopped
4 slices wholegrain bread, toasted
Pepper to taste



Method

1. Spray oil in a medium saucepan and cook onion and garlic over medium heat until softened.
2. Add the tomato paste and smoked paprika. Stir through and cook for 1 minute.
3. Add the tin of tomatoes, tomato sauce and Worcestershire sauce. Mix well and bring to the boil.
4. Reduce the heat and simmer uncovered for 10 minutes or until slightly thickened.
5. Add in the cannellini beans and stir until heated through.
6. Remove from heat, mix in the parsley and pepper and serve on toast.

Feeding Kids Tip: *Serve a small amount of a new food to start with. If your child doesn't want to eat it, not much is wasted, and the rest can go in the fridge to try again tomorrow.*