



Homemade backed beans

Prep Time: 15 minutes

Cook Time: 60 minutes

Total Time: 75 minutes

Serves: 4 persons



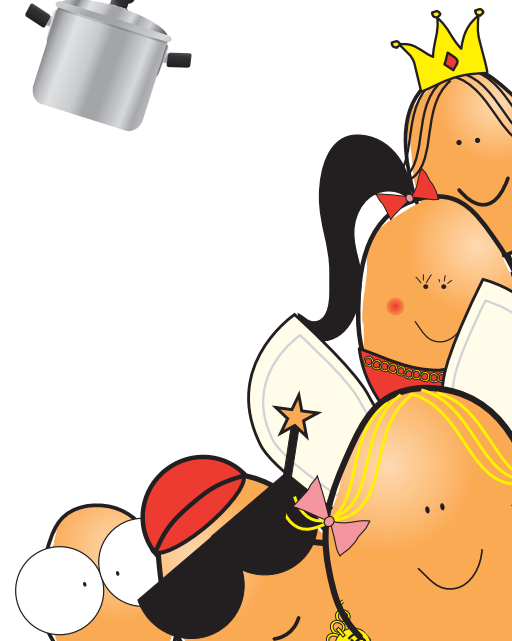
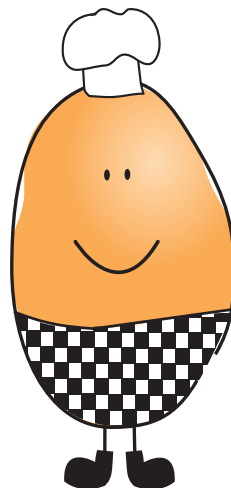
Ingredients:

- 400g (1 can) of ready cooked haricot beans
- 1 medium onion
- 1 quarter of a lemon
- 1 tablespoon olive oil
- 1 teaspoon of French mustard
- 1 teaspoon of brown sugar
- 1 teaspoon of treacle
- 1 dash of Worcestershire sauce
- 1 quantity of homemade tomato sauce



Homemade Tomato Sauce ingredients:

- 400g (1 can) of chopped tomatoes
- 1 garlic clove
- 1 medium onion finely chopped
- 1 tablespoon of tomato puree
- 1 teaspoon of olive oil
- 1 teaspoon of brown sugar
- Juice of half a lemon





Preparation:

1. Preheat the oven to 150oc/gas mark 2.
2. Rinse and drain the can of haricot beans into a casserole dish.
3. Heat the olive oil in a pan and sauté the onions for 10 minutes or until soft and golden brown.



4. Add the remaining ingredients and stir, bringing it to a simmer and cook for few minutes.
5. Pour the sauce over the beans, cover, and bake for 1 hour, stirring after 30 minutes. If the mixture is drying out, add a little hot water or tomato juice.
6. Season to taste and serve with whole meal bread.

Preparation Homemade Tomato Sauce:



1. Heat the olive oil in a pan and sauté the onions until soft.
2. Add the garlic and then add the remaining ingredients.
3. Stir and bring to a simmer, place a lid on the pan, and leave the sauce to cook for 15 minutes.



Enjoy!

