

Baked Beans



Serves: 4

INGREDIENTS

- 2 tbsp. olive oil
- 1 small onion, diced
- 4 garlic cloves, finely diced or minced
- 1 handful fresh thyme leaves, roughly chopped
- 1 tbsp. wholegrain mustard
- 500ml vegetable or chicken stock
- 125g tomato paste
- 2 x 400g tins white beans (haricot, butter beans or cannellini), rinsed and drained

METHOD

1. Heat the oil in a non-stick saucepan over medium heat
2. Fry the onion and garlic for 5mins, or until soft and browned
3. Add the thyme, mustard, stock, tomato paste and beans. Season with salt and pepper, and bring to the boil.
4. Reduce heat and simmer for 30mins, or until the liquid has reduced by half. The sauce should be fairly thick.