

Homemade Beans on Toast



15
YEARS

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Baked beans are a great source of protein and fibre. By making your own, you can experiment by adding different flavours and textures to jazz them up!

Makes: 4 portions • Preparation time: 30 minutes

Ingredients

- 4-8 slices wholemeal bread
- 4-8 tsp butter/spread (1 tsp per slice)
- 1 tsp oil
- 2 tsp garlic paste
- 1 tsp paprika
- 300g passata
- 1 tbsp tomato puree
- 60ml vegetable stock
- 300g tin haricot beans

Equipment

- Hob or microwave
- Knife
- Toaster
- Saucepan
- Spoon
- Measuring spoons

Allergy information

Butter (dairy): Swap this out for plant based/dairy free spread, these are readily available in supermarkets.

Bread (wheat / gluten): Swap this for gluten free bread.

Stock cubes (wheat / gluten / celery): Check the free from section for the most suitable product.

Method

1. Heat oil on a low heat in a saucepan with the garlic paste and paprika.
2. Add the passata, puree and stock.
Simmer for 15 mins until the tang of the tomato has gone and the sauce is thick.
3. Drain the beans and add to the pan.
4. Simmer for a further 10 mins. Pop on top of buttered toast.

Top tips

- Experiment with toppings like cheese, mushrooms, fresh tomatoes or peppers
- Always go for wholemeal bread, it contains much more fibre which will keep the children fuller for longer
- Get students involved with measuring ingredients for the homemade beans

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