Beans on toast

Baked beans are a great source of protein and fibre. You can either use tinned (low sugar & salt) beans or have a go at making your own!

Makes: 4 portions • Preparation time: 10-30 mins

Ingredients

- 400g low sugar & salt baked beans (1 tin)
- 4-8 slices wholemeal bread
- 4-8 tsp butter/spread (1 tsp per slice)

For homemade beans:

- 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
- Toaster
- Spoon
- Knife

For homemade beans you'll also need:

- Saucepan
- Measuring spoons (tablespoon and teaspoon)

Method

1. Cook the beans either on the hob or in the microwave (follow instructions on tin).
2. Toast the bread.
3. Butter the bread and spoon the beans on top.

For homemade beans:

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 fibre which will keep you fuller for longer