

Homemade baked beans

If you are a fan of tinned baked beans, then this is the perfect homemade salt-free substitute. As beans take a while to cook, you could always double the quantities, then freeze portion-sized amounts in airtight containers ready for when the craving strikes again. Enjoy these beans on chargrilled or toasted Salt-free Bread (see page 98), if you like. You will need to soak the dried beans overnight before cooking.

Prep time 15 minutes, plus soaking time *Cooking time* 1 hour 30 minutes

- 1 Heat the oil in a large heavy-based saucepan or deep frying pan over medium heat, then add the onion and garlic. Cook, stirring often, for 6–7 minutes or until the onion has softened. Add the tomato paste, tomato, bay leaf, rosemary, mustard powder, cloves, syrup and vinegar and stir to combine well. Bring to a simmer, then add the beans and the reserved cooking liquid.
- 2 Cook over low–medium heat, stirring occasionally, for 45 minutes or until the beans are tender; add extra water if the pan starts to dry out. Remove the bay leaf and rosemary, season to taste with freshly ground black pepper, then sprinkle with parsley (if using), and serve.

* You could use kidney or borlotti beans here if that is what you have in your pantry. If you like things spicy, add a dash of Tabasco sauce or cayenne pepper at the end of cooking.

NUTRITIONAL ANALYSIS

| | To serve 4 (per serve) | To serve 6 (per serve) |
|-------------------|---------------------------|---------------------------|
| Energy (kJ) | 2185 | 1455 |
| Protein (g) | 28 | 19 |
| Fat (g) | 27 | 18 |
| Saturated fat (g) | 4 | 3 |
| Carbohydrate (g) | 36 | 24 |
| Fibre (g) | 20 | 13 |
| Sodium (mg) | 35 | 25 |
| Potassium (mg) | 2080 | 1385 |

SERVES 4–6

- 2 tablespoons olive oil
- 2 onions, finely chopped
- 2 cloves garlic
- 2 tablespoons low-salt tomato paste (puree)
- 2 × 400 g tins low-salt chopped tomato
- 1 fresh bay leaf
- 1 sprig rosemary
- 1 tablespoon mustard powder
- pinch ground cloves
- 1/3 cup (80 ml) maple syrup
- 2 1/2 tablespoons balsamic vinegar, or to taste
- 1 quantity Prepared Dried Beans (see page 256)
- 1 cup (250 ml) bean cooking liquid, reserved
- small handful chopped flat-leaf parsley, to serve (optional)

