

Homemade Baked Beans with Bacon

Serves: tastes for one class of 30 students and volunteers

Fresh from the garden: bay leaves, parsley, rosemary

Equipment:	Ingredients:
Chopping boards	3 tablespoons olive oil
Knives	3 brown onions
Garlic crusher	6 cloves garlic, crushed or chopped
Knives	400g bacon, chopped (optional)
Measuring cups and spoons	½ tablespoon finely chopped rosemary
Large frying pan	1 ½ tablespoons smoked paprika
Wooden spoon	400g can crushed tomatoes
Colander	700ml passata
	2 tablespoons brown sugar
	1/3 cup tomato paste
	1 tablespoon Worcestershire sauce
	2 fresh bay leaves
	6 x 400g cans cannellini beans
	1 cup vegetable stock
	½ cup chopped parsley
	Salt and pepper

What to do:

1. Prepare ingredients-chop onions, garlic and herbs and set aside in individual bowls. Empty the beans into the colander and rinse well with water. Set aside in a bowl.
2. Heat oil in a large frying pan over a medium heat. Add onion and cook for about 5 minutes until golden in colour. Bacon can be added with the onions. However, if bacon free serves are required, we can cook the bacon separately and add at the end.
3. Add garlic, paprika and chopped rosemary. Cook for about 1 minute, stirring so that the garlic does not burn. Turn down the heat if necessary.
4. Add tomatoes, passata, sugar, bay leaves, Worcestershire sauce and tomato paste. Bring to the boil then reduce heat and simmer for about 10 minutes.
5. Add the beans and half the stock to the frying pan. Cook for about 5 minutes, until heated through. Add remaining stock if the sauce is too thick.
6. Taste and season well with salt and pepper as required. Sprinkle with chopped parsley.