



# Recipes

## Baked beans

These are found in most people's food cupboard. Here are some ideas to use up these little beans in a dish other than beans on toast. They can be added to many meals and are great for bulking out meals to make them go further. And you don't need to buy the branded baked beans either, look for the cheaper options.

1. Use in any mince dish such as shepherd's pie, bolognaise, chilli etc, to make the dish stretch further.
2. Make a savoury bread and butter pudding, using beans and cheese as the filling for your sandwich.
3. My family love egg and bean toasties. Simple but effective.
4. Sausage and bean casserole – use a tin of baked beans and a tin of tomatoes (mixed together), any other vegetables that you have such as mushrooms, onion, peppers. Add cooked sausages. Place all ingredients in a baking dish and cook in a hot oven for around 45 minutes. Nice topped with breadcrumbs and then grilled.
5. Add to homemade vegetable soups for a bit of extra flavour and some extra protein and texture.
6. Layer mashed potato or sliced potato with baked beans and a tin of tomatoes for a lovely bean and potato bake. Top with some grated cheese. This is a family favourite in our house.
7. Add to wraps and add vegetables for a beany wrap.
8. As a topping for a baked sweet potato.
9. Use them in an all day breakfast – this is another favourite family teatime treat. We have potato cakes, scrambled egg, grilled tomatoes, grilled mushrooms, sausages and baked beans – yummy.
10. Use as a filling in an omelette – this can be a weekend breakfast treat or you can have it for dinner, and add some salad or vegetables.