

## BEANIE BAKE



A truly tasty budget-friendly recipe! Great for full-time vegetarians or for family meat-free days. Packed full of vegetables and beans in a smoky, tomato-based sauce.

Serve with a simple green salad or steamed green vegetables on the side.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use a jug to measure liquids; chop using bridge/claw technique; use a vegetable peeler safely; use a box grater safely; crush garlic; use a citrus zester; use a colander; use a hob (with adult supervision)

**Equipment:** Saucepan, wooden spoon, chopping board, knife, vegetable peeler, spoons, box grater, colander, tin opener, hand blender, ovenproof dish.

**Allergens\*:** Gluten | Soya

### Ingredients (serves 2):

- 2 tsp olive oil
- 1/2 small red onion, peeled and finely chopped
- 1 clove of garlic, peeled and finely chopped
- 1 large carrot, peeled and grated
- 1/2 tsp smoked paprika
- 1 medium sweet potato, peeled and chopped
- 100ml water
- 1 tsp dried mixed herbs
- 200g can of chopped tomatoes
- 200 g tin of reduced salt & sugar baked beans
- 200 g tin of mixed beans in water, drained
- 1 medium slice of wholemeal bread
- Lemon zest, finely grated

### Method

1. Preheat your oven to 200C / gas mark 6.
2. Heat 1 teaspoon of the olive oil in a saucepan and add the onion, garlic and carrot. Cook over a medium heat for 5-10 minutes until soft.
3. Stir in the smoked paprika and cook for another minute.
4. Add the sweet potatoes and water, and simmer over a low heat until the potatoes are tender.
5. Stir in the tomatoes, beans and half the dried herbs, and bring to the boil. Simmer for 5 minutes.
6. Meanwhile use a hand-held blender to blitz the sliced bread into breadcrumbs. Stir in the lemon zest and the rest of the dried herbs.
7. Pour the beanie mix into an ovenproof dish then add the breadcrumb mix over the top. Drizzle the remaining teaspoon of olive oil over the breadcrumbs.
8. Place the dish in the preheated oven and bake for about 15 minutes, until bubbling and golden brown on top.
9. Divide the bake between the plates and serve with a green salad or steamed vegetables.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



## BEANIE BAKE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### Energy, sugar, fat and salt per serving

Per 463g serving

|            |                  |                  |     |
|------------|------------------|------------------|-----|
|            | <b>ENERGY</b>    | 1719kJ / 408kcal | 20% |
| <b>LOW</b> | <b>FAT</b>       | 6.6g             | 9%  |
| <b>LOW</b> | <b>SATURATES</b> | 1.1g             | 5%  |
| <b>LOW</b> | <b>SUGARS</b>    | 20.9g            | 23% |
| <b>LOW</b> | <b>SALT</b>      | 1.1g             | 18% |

% of an adult's reference intake  
Typical values per 100g : Energy 371kJ / 88kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage

### So, thinking about Beanie Bake..

**Sweet Potatoes** are a nutritious and filling starchy food; low in fat and a good source of beta-carotene (Vitamin A), Vitamin C and fibre.

**Beans** of all types are so good for us! Low in fat, sugar and calories and high in protein, B vitamins and fibre.

**Tomatoes** are really good for us containing a wide range of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect our bodies from disease.

