

BAKED BEANS WITH FINOCCHIO, CARROTS & SWEET RED PEPPERS



This dish is fairly easy to make, and can be enjoyed with rice, on toasted bread, as a side dish, or even on its own. It is filling, comforting and offers an array of goodness, fibre, proteins, vitamins...you name it, it's got it...not to mention being utterly delicious! You can make it by soaking beans overnight, boiling them, (make sure to reserve some of the cooking liquid), and then use them...or, if you haven't got enough time to mess with soaking and boiling, you can also use ready-made tins of Baked Beans – the choice is yours! Both versions taste wonderful!

Yields:**8** servings**Prep. Time:****0** hours **20** minutes**Cook Time:****2** hours **0** minutes**Total Time:****2** hours **20** minutesUp to **5** monthsSuitable from **8-10** months

Suitable for vegans



Suitable for vegetarians

INGREDIENTS

- 500g Cannellini beans, soaked overnight and boiled until tender
- 1 large red onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 large finocchio/fennel or 2 small ones, finely chopped
- 2 sweet red peppers, finely chopped
- 2 carrots, finely chopped
- Parsley, a large handful, finely chopped
- 250ml (1 carton) tomato passata
- 1 tsp tomato paste
- ¼ tsp cayenne pepper
- Oregano, 1 large pinch
- 1 cup Ketchup

- 3 Tbsp raw cane sugar
- Salt & pepper to taste
- 5 Tbsp vinegar
- Reserved cooking liquid from the boiled beans
- Olive oil
- 4 cans of ready-made Baked beans (for the quicker version)

METHOD

1. Finely chop your onion, sweet red peppers, carrots and finocchio/fennel, garlic and parsley, and set aside.



2. Preheat oven at 200C/392F.
3. In an oven dish (Pyrex or ceramic), add 2 Tbsp olive oil and place over the cooker (medium/high heat).
4. Add the chopped onions and garlic.
5. Add the finocchio/fennel, carrots and red peppers.
6. Stir everything together.
7. Sauté all the vegetables together.
8. Add the tomato paste and stir.
9. Place the remaining ingredients in the dish.

10. If it looks too thick, add a little of the reserved cooking liquid.
 11. Stir well.
 12. Pour some olive oil over the dish, stir, and cover with silver foil.
 13. To freeze your baked beans, first, allow them to cool down completely.
 14. Place the beans in an airtight container. Allow for some head room (a bit of space at the top).
 15. Write the date on top.
 16. To reheat, allow the beans to come to room temperature, then heat.
- If you're using ready-made Baked Beans, then once you've sautéed the vegetables, take the dish off the cooker, and add the cans of Baked Beans (I use four cans for this recipe). **DON'T** add the tomato passata and tomato paste, but **DO** add the Ketchup, salt, pepper, oregano, cayenne, sugar, vinegar and olive oil.



17. Place in the oven and bake for about 30'.
18. After 30', take the aluminium foil off, and continue cooking until the sauce looks thick and has started to brown round the edges.
19. Take out of the oven, and allow to cool.
20. You can eat them with boiled rice, on toasted bread or on their own, with a salad.