

Savoury Baked Beans

Serves: 6

Prep time: 10 minutes

Cook time: 15 minutes

 2 serves per portion

Ingredients

1 tablespoon olive oil

1 medium tomato, chopped

1 brown onion, diced

1 zucchini, diced

1 carrot, diced

2 ~400g can baked beans

1 teaspoon dried thyme, chopped

1 teaspoon dried parsley, chopped

¼ cup cheese, reduced fat, grated



Everyday Food

Method

HEAT saucepan over medium heat and add olive oil. Add onion and cook until onion is translucent – around 5 minutes.

ADD tomato, zucchini, carrot, baked beans, thyme and parsley. Cook for 10 minutes or until carrot is tender.

MIX in the cheese and serve with bread.

Recipe courtesy of Melissa Stevenson, Chinchilla Branch