



## Homemade Beans and Toast (Serves 4)

Making your own beans in tomato sauce is easy. They are just as tasty as readymade versions and can be healthier as you decide how much sugar and salt is added.

### Ingredients

- 1 tbsp oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 tsp paprika
- 1 tin chickpeas (or any canned beans, you can also try a mixture of beans)
- ½ tsp sugar
- 1 tin chopped tomatoes
- 2 tsp tomato puree
- Pinch pepper

### For the toast

- 4 tsp low fat spread or butter
- 4 slices wholemeal bread or any bread available, toasted

### Method

1. Heat oil in frying pan, add onion and garlic, fry for 2-3 minutes until soft
2. Add tomato puree, paprika and sugar and cook for a further 2-3 minutes
3. Add beans and chopped tomatoes and leave to simmer for 5-10 minutes, until sauce has thickened
4. Toast bread, cover with a scraping of low fat spread and top with beans

### Nutrition

Beans are a cheap source of protein, low in fat and count as one of your 5 a day. They are also high in fibre. You will achieve about a third of your recommended intake of 30g fibre per day by eating a portion of these homemade beans on wholemeal toast. Chickpeas along with other beans and legumes are a good source of folate which is a B vitamin essential for the formation of healthy red blood cells.

#### Nutrition per portion - 236g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
368kcal	13g	2.1g	13g	0.5g	15.1g	44.1g	9.6g
18%	19%	11%	14%	9%	30%	17%	-

#### % of an adult's reference intake

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