



Mixed Bean Casserole

Ingredients - serves 2

- 2 Potatoes, chopped into big chunks
- $\frac{1}{2}$ tsp Vegetable oil
- 1 Onion, chopped
- 1 Clove garlic
- 1 tsp Paprika
- 400g Chopped Tomatoes
- $\frac{1}{2}$ tsp dried mixed herbs
- 1 Carrot, peeled and chopped
- $\frac{1}{4}$ of a can of Red Kidney beans
- $\frac{1}{4}$ of a can Butter beans
- $\frac{1}{4}$ of a can of Cannellini Beans

Method

- Boil the potatoes
- Meanwhile, in a saucepan heat the oil and add the onion, and fry for 5mins until soft
- Add the garlic and paprika and cook for 1 minute, stirring
- Add the chopped tomatoes and herbs and simmer for 5mins
- Once potatoes are cooked add the potatoes, beans, and carrots and simmer for a further 8mins until the carrots are tender and the sauce has thickened slightly, stirring occasionally.

Enjoy!

