

HOMEMADE BAKED BEANS

Ingredients

1 can baked beans

1 can COOKED butter beans drained and washed in colander (or any other type of beans you may have... chickpeas, kidney etc, must be COOKED)

1 tablespoon English mustard

1 tablespoons brown sugar (white if thats all you have)

2 tablespoons tomato puree

3 cloves garlic, crushed

1 onion peeled and sliced thinly, but chunky is fine if that's what you can manage

1 carrot peeled and sliced thinly, chunky is fine

1 bay leaf

3 slices bacon (doesn't matter what kind), chopped small

Pinch mixed herbs

Pinch mixed spice

Pinch pepper

Method

Cook garlic, onion, and bacon in a frying pan on lowest heat until starting to colour. Just leave on lowest heat and whilst it is cooking prepare the rest of the ingredients.

Mix all the ingredients including cooked onion, bacon, and garlic in a casserole dish. Add a teacup of water and stir well.

Place lid on casserole dish, If there is no lid, cover with tin foil and make sure the edges are crimped around the dish tightly.

Set oven to 110°C / 220°F / Gas mark 1, and cook for 2 hours.

Remove from oven. If the water and liquids have been sucked up

and the sauce is nice and thick, it is ready. If the sauce is thin, just pop back in oven and check every 30 mins.

Serve a nice big spoonful on hot buttered toast with a couple of cooked sausages or a fried egg.

You will have enough left over for at least two more meals. When cool, put portions into freezer bags and freeze for later.