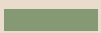

Boston Baked Beans with Garlic Toast



Boston Baked Beans with Garlic Toast

- 3X TIN MIXED BEANS - DRAINED AND RINSED
- 3X TIN DICED TOMATOES
- 3 TEASPOON GRAIN MUSTARD
- 3 TEASPOON WORCESTERSHIRE SAUCE
- 600G BACON - DICED (OPTIONAL)
- 3 BROWN ONION - DICED
- 6 TABLESPOONS MINCED GARLIC
- 1 CUP PARSLEY - CHOPPED
- 6 SLICES WHOLEMEAL BREAD
- 6 TEASPOONS OLIVE OIL

- PREHEAT OVEN TO 180.
- PLACE 2 TEASPOONS OF OLIVE OIL IN A LARGE SAUCEPAN ON MEDIUM HEAT.
- ADD ONIONS AND 3 TEASPOONS OF GARLIC. COOK UNTIL FRAGRANT.
- ADD BACON. COOK FOR 2 TO 3 MINUTES.
- STIR IN TOMATOES, BEANS, MUSTARD AND WORCESTERHIRE SAUCE.
- POUR INTO BAKING DISH. BAKE COVERED FOR 20 MINUTES.
- LIGHTLY TOAST BREAD. MIX REMAINING GARLIC AND OLIVE OIL TOGETHER. SPREAD OVER BREAD. ADD ADDITIONAL DRIZZLE OF OIL IF REQUIRED.
- STIR BAKED BEANS. BAKE UNCOVERED FOR 20 MINUTES.
- SPRINKLE WITH PARSLEY TO SERVE.
- QUICKLY GRILL GARLIC TOAST UNTIL SLIGHTLY BROWNEED.

NOTES:

- TINNED PRODUCTS SHOULD BE PRESERVATIVE, ADDITIVE AND THICKENER FREE.

NUTRITION INFORMATION

BENEFITS OF BEANS

- QUALITY SOURCE OF PROTEIN, FIBRE, IRON, MAGANESIUM, POTASSIUM AND ZINC
- RICH IN ANTIOXIDANTS
- ASSIST INSTABILISING BLOOD GLUCOSE

HEALTH BENEFITS OF ONIONS

- QUALITY SOURCE OF VITAMIN C, VITAMIN A AND DIETARY FIBRE

HEALTH BENEFITS OF PARSLEY

- QUALITY SOURCE OF VITAMIN K, MAGNESIUM, POTASSIUM AND CALCIUM.

HEALTH BENEFITS OF GARLIC

- POWERFUL ANTI-INFLAMMATORY.
- QUALITY SOURCE OF VITAMIN C.
- AIDS IN LOWERING BLOOD CHOLESTEROL.
- ANTIBACTERIAL PROPERTIES WHICH CAN ASSIST IN PREVENTING FOOD POISONING.

HEALTH BENEFITS OF TOMATO

- MAJOR DIETARY SOURCE OF THE ANTIOXIDANT 'LYCOPENE'. LYCOPENE IS LINKED TO REDUCING THE RISK OF HEART DISEASE AND CANCER. IT IS ALSO VERY IMPORTANT FOR PROSTATE HEALTH.