We are ready......

**Mixed bean casserole**

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**Suggested portion**

**Size for recipe**

1–2 years – 90g

3–4 years – 130g

**Ingredients – Serves 5**

**Onion, peeled** 30g (½ small)

**Celery** 30g (1 stick)

**Carrots, peeled** 30g (1 small)

**Garlic, peeled** ½ cloves

**Vegetable oil** ½ tablespoon

**Canned red kidney beans,** 1 x 225g can

**no added salt or sugar, drained** (drained weight 130g)

**Canned butter beans, no** 1 x 225g can

**added salt or sugar, drained** (drained weight 125g)

**Flour, wholemeal** 15g (½ tablespoon)

**Canned tomatoes, chopped** 200g (1 x 200g can)

**Tomato purée** ½ tablespoon

**Mixed dried herbs** ½ teaspoon

**Water, boiling** 150ml

**Method**

1. Preheat the oven to 180ºC/350ºF/gas mark 4.

2. Chop the onion, celery, carrots and garlic.

3. Heat the oil in a frying pan, add the onions and fry until softened.

4. Add the celery, carrots and garlic and fry for 3–4 minutes.

5. Stir the flour, beans, chopped tomatoes, tomato purée, herbs and boiling water into the pan.

6. Pour into an ovenproof dish and cook for about 30–45 minutes.