

# We are ready.....

## Mixed bean casserole



### Suggested portion

### Size for recipe

1-2 years - 90g

3-4 years - 130g

### Ingredients - Serves 5

Onion, peeled	30g ( $\frac{1}{2}$ small)
Celery	30g (1 stick)
Carrots, peeled	30g (1 small)
Garlic, peeled	$\frac{1}{2}$ cloves
Vegetable oil	$\frac{1}{2}$ tablespoon
Canned red kidney beans, no added salt or sugar, drained	1 x 225g can (drained weight 130g)
Canned butter beans, no added salt or sugar, drained	1 x 225g can (drained weight 125g)
Flour, wholemeal	15g ( $\frac{1}{2}$ tablespoon)
Canned tomatoes, chopped	200g (1 x 200g can)
Tomato purée	$\frac{1}{2}$ tablespoon
Mixed dried herbs	$\frac{1}{2}$ teaspoon
Water, boiling	150ml

### Method

1. Preheat the oven to 180°C/350°F/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.