

# We are ready.....

## Vegetable and Bean Pie



**Suggested portion**

**Size for recipe**

1-2 years - 145g

3-4 years - 195g

### Ingredients - Serves 5

Sweet potato, peeled	350g
White, floury potatoes, peeled	100g
Soft margarine	5g (1 teaspoon)
Whole milk	15ml (1 tablespoon)
Onion, peeled	30g ( $\frac{1}{2}$ small)
Carrot, peeled	30g (1 small carrot)
Olive oil	$\frac{1}{2}$ tablespoon
Canned tomatoes, chopped	100g ( $\frac{1}{2}$ x 200g can)
Tomato purée	15g (1 tablespoon)
Water	150ml
Mixed herbs, dried	1 teaspoon
Canned red kidney beans (no added salt or sugar), drained	1 x 400g can (drained weight, 240g)

### Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Drain the potatoes and then mash with the margarine and whole milk until a smooth consistency is formed.
4. Chop the onion and carrot. Heat the oil in a large saucepan and add the onion. Cook for 5 minutes or until soft.
5. Add the carrots, canned tomatoes, tomato purée, water, mixed herbs and kidney beans. Bring to the boil.
6. Pour the mixture into a large ovenproof dish and top with the mashed potato. Bake in the oven for 30 minutes or until piping hot throughout. Serve with Swede and cauliflower