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 (½ small)

**Carrot, peeled** 30g (1 small carrot)

**Olive oil** ½ tablespoon

**Canned tomatoes, chopped** 100g (½ x 200g can)

**Tomato purée** 15g (1 tablespoon)

**Water** 150ml

**Mixed herbs, dried** 1 teaspoon

**Canned red kidney beans** 1 x 400g can

**(no added salt or sugar),** (drained weight, 240g)

**drained**

**Method**

1. Preheat the oven to 180ºC/350ºF/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