

Ingredients

Serves 5 and 20

	5 SERVES	20 SERVES
Olive oil	3 tbs	3/4 cup
Carrot, finely diced	1 medium	4 medium
Celery, finely diced	1 stick	4 medium
Onion, finely diced	1 medium	4 medium
Garlic, crushed	2 cloves	8 cloves
Chopped tomatoes	1x 400g tin	4x 400g tin
Cider vinegar	2 tbs	½ cup
Brown sugar	1 tbs	¼ cup
Pepper	To taste	To taste
Haricot beans	3 x 400g tins	12 x 400g tins



Method

1. Heat oil in a large pan. Add carrot, celery and onion and fry until vegetables are soft.
2. Stir in crushed garlic, followed by the tomatoes, vinegar and sugar. Season with pepper.
3. Add the haricot beans and pour over enough water to cover the beans. Stir to combine. Simmer uncovered over a low heat for 60 minutes, stirring occasionally. Serve warm.

Nutrition, hints and tips

- Haricot beans are rich in plant based protein, iron and fibre and are a great addition to both standard and vegetarian diets.
- This dish is a good source of Vitamin C due to the added vegetables. Vitamin C is involved in the growth and repair of tissues, making it essential for wound healing.
- Serve alongside steamed or roasted vegetables as a hearty vegetarian main dish or on toast as a light evening meal.
- Tip: Drain and rinse tinned beans lightly with water to decrease the compounds which can cause uncomfortable symptoms (e.g. wind or bloating) in some individuals.
- This recipe may not be suitable for people following a Low FODMAP diet. If unsure, consult with your Accredited Practising Dietitian.
- Process until smooth and lump-free and serve alongside mashed vegetables for texture modified diets. Use a food mould to enhance the appearance of the dish.