

# Baked beans with cheesy bread

Food Foundations • another NAQ Nutrition program

## Ingredients – serves 20

### Serves: 20

- 2 tablespoons olive oil
- 4 carrots, grated or thinly sliced
- 2 red onions, thinly sliced
- 3 cloves garlic, finely chopped
- 2 teaspoons smoked paprika
- 2 teaspoons cumin powder
- ½ cup BBQ sauce
- 2 x 800ml tomato passata
- 2 x 800g tinned four bean mix, rinsed and drained
- 2 ciabatta loafs
- 1 cup grated cheese



## Method:

1. Pre-heat oven to 180°C. Heat oil in a large frypan on medium heat. Add carrots and onions and cook for about 5 minutes until soft.
2. Add garlic, paprika and cumin and cook stirring for about one minute until aromatic.
3. Stir in BBQ sauce, tomato passata and four bean mix and allow to simmer for 5 -7 minutes, then turn off the pan and allow the beans to cool slightly, prior to serving.
4. Meanwhile, tear ciabatta loaf into small chunks, place on an oven tray (lined with baking paper) and sprinkle with cheese.
5. Bake bread in the oven for 10 minutes till crunchy and the cheese has melted.
6. Serve baked beans with cheese bread.

*For infants still on purees, reserve some of the cooked carrot and onion, four bean mix, and tomato passata and mash or puree to the desired texture.*

Food Group	Serves provided per portion
Grains (cereal) foods	1
Vegetables and legumes	2.1
Meat and alternatives	0.5
Milk, yoghurt and cheese	0.15