

Savoury Baked Beans

Serves: 6

Prep time: 10 minutes

Cook time: 10 minutes



1 ½ serves per portion

Ingredients

1 tablespoon olive oil

1 medium tomato, chopped

½ brown onion, diced

½ small zucchini, diced

1 carrot, diced

400g can baked beans, salt reduced

1 tablespoon fresh thyme, chopped

1 tablespoon fresh parsley, chopped

¼ cup cheese, reduced fat, grated

Method

HEAT saucepan over medium heat and add olive oil.

ADD tomato, onion, zucchini, carrot, baked beans and thyme. Cook for 10 minutes or until carrot is tender.

MIX in the parsley and cheese and serve.



Everyday Food

Recipe courtesy of Melissa Stevenson, Chinchilla Branch