

Cheesy bean crunch

Serves: 4

Time

Preparation time 20 minutes

Cooking time 30 minutes

Ingredients

- 1 dessertspoon sunflower oil
- 1 medium onion, peeled and finely chopped
- 2 spring onions (scallions), sliced
- 2 rashers back bacon, chopped (remove and discard rind and fat)
- 1 garlic clove, peeled and crushed or 1 teaspoon garlic granules
- 1 vegetable or chicken stock cube (try to use low-salt) dissolved in 150ml boiling water
- 400g tinned chopped tomatoes
- 2 x 400g tinned mixed beans, or 1 tin red kidney beans and 1 tin black-eyed beans
- ½ teaspoon chilli powder
- pepper
- 3 slices wholemeal or white bread, crumbed
- 75g mature cheddar cheese, grated

To serve

- salad



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Method

1. Gently heat the oil in a large saucepan. Add the onion, spring onions, bacon and garlic and cook, stirring occasionally, until the onion is soft (2–3 minutes).
2. Add the stock and tomatoes.
3. Drain and rinse the beans and add to the tomato mixture along with the chilli powder and pepper to season. Bring to the boil stirring all the time, then reduce the heat, cover and simmer for 20 minutes. Transfer to an ovenproof dish.
4. Preheat the grill to a moderate temperature.
5. Mix the breadcrumbs and grated cheese and spoon over the bean mixture. Grill until the topping is golden brown.
6. Serve with salad.