

Epping
Forest

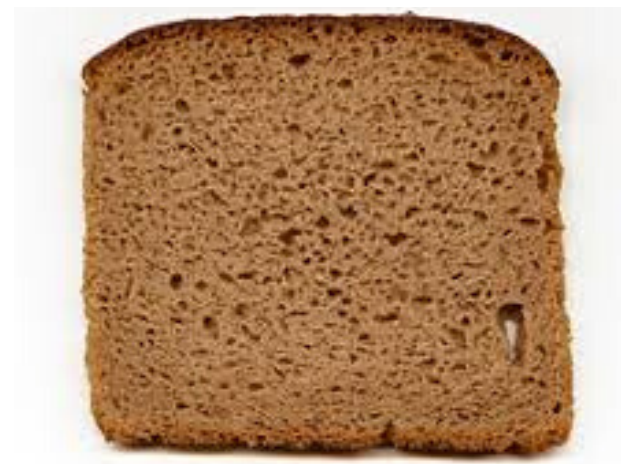
foodbank



MIXED UP

BEANS

SERVES 2



MIXED UP BEANS

Ingredients

1 small tin of Baked beans

1 medium onion - thinly cut

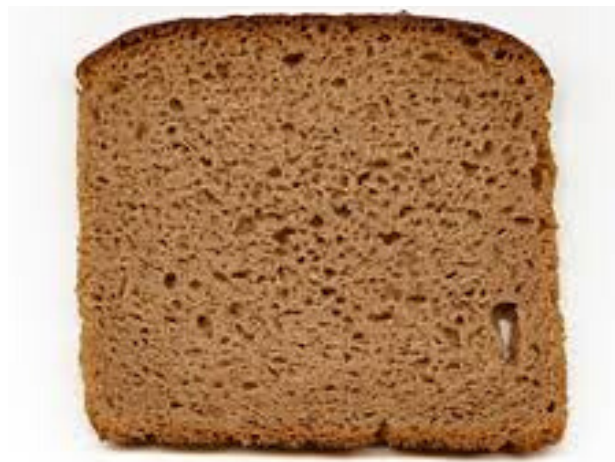
1 leek - thinly cut

½ tin of button mushrooms, sliced

1 tsp oil (preferably vegetable oil)

Salt

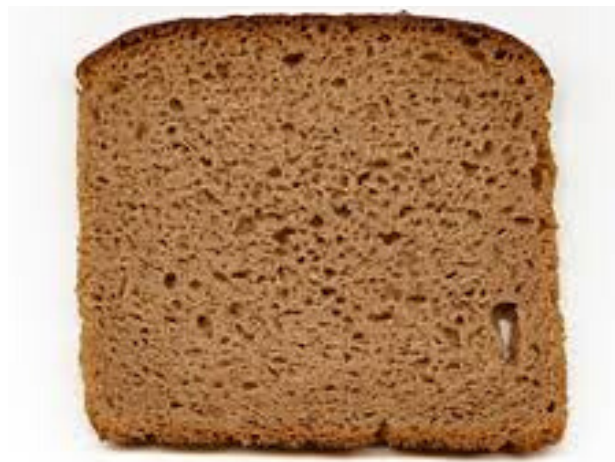
4 slices of bread



MIXED UP BEANS

Recipe

- 1 | Thinly cut the onion, leek and mushrooms to the same size.
- 2 | In a small frying pan, heat oil and fry the onion and leek together for 2 minutes.
- 3 | Add the mushrooms to the mix, stir for one minute, then add the baked beans.
- 4 | Stir for 2 minutes, the time for the beans to soak in the flavours and heat up.
- 5 | Adjust the seasoning then serve on lightly toasted brown slices.



MIXED UP BEANS

Cost

Baked beans - 25p

Onion - 10p

Leek - 62p

Mushrooms - 45p

Oil - 2p

Bread - 10p

TOTAL - £1.54

