



HEALTHY BEANS

WHAT YOU NEED

- 1 tablespoon olive oil
- 1/2 chopped onion
- 1 clove of garlic, chopped
- 1 grated carrot
- 1/2 of our basic tomato sauce
- 1 can of beans in water (any)
- large pinch dried herbs
- salt and pepper



HOW TO MAKE IT

- Pour the olive oil into a frying pan and warm.
- Add the chopped onions, garlic and carrot.
- Cook slowly for about 5 minutes, stirring.
- Add all the beans and tomato sauce and heat to a gentle bubble.
- Add the dried herbs, a large pinch of salt and some black pepper.
- Cook gently with the lid off for about 25 minutes, stirring.

TIP 😊

Keep some basic tomato sauce in the freezer - it is always useful.

