SEASONAL BLEND: BONFIRE BAKED BEANS

SEASONAL BLEND

MAKE THIS AGAIN!

Find this blend online, or substitute with these everyday Spicery Larder ingredients:

2 tsp smoked paprika, ½ tsp each of ground cumin, mixed spice and chilli flakes, and ¼ tsp cracked black pepper

Discover more about the Spicery larder at thespicery.com/larder

BONFIRE BAKED BEANS

Prep	Cook
15 mins	1 hr 5 mins
Heat	**Serves**
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This month's free sample is a smoky bean recipe, gently spiced with sweet smoked paprika, cumin and a pinch of oak smoked cracked black pepper for a mild and gently warming autumnal heat. It's a very easy and comforting dish that's fantastic with jacket potatoes or on toast, with some grated cheese on top!

- 2 x 400g tins of **beans** (any type such as **cannellini**, **borlotti**, **butter beans** etc) including all the liquid from the tins
- 2 rashers of **bacon** (any type) or use **veggie bacon** - thinly sliced
- 1 small **onion** - finely chopped
- 3 tbsp **tomato ketchup**
- 2 tbsp **tomato puree**
- 3 tbsp **soy sauce** (any type)
- 2 tbsp **vinegar** (white wine or cider vinegar is best)
- 1 tsp **sugar**
- **Jacket potatoes** or **buttered toast** and **grated cheese** to serve (optional)

1. Preheat the oven to 200°C/gas mark 6
2. In a deep casserole dish, roast the onion and bacon in 2 tbsp oil for 15 minutes or until the onion is beginning to brown around the edges
3. Stir in the beans (including all the liquid from the tins), ketchup, tomato puree, soy sauce, vinegar, sugar, **BONFIRE BEANS BLEND** and ¼ tsp salt
4. Cover and bake (stirring occasionally and adding an extra splash of water if it needs it) for 40 minutes or until the beans are soft, then uncover and bake for 10 minutes or until the sauce is rich and thick
5. Serve on jacket potatoes or buttered toast, with grated cheese (if using) on top

(1 portion of **BONFIRE BEANS BLEND** = 1 ½ tbsp)
If you're making a bigger batch, scale up the fresh ingredients in proportion but the spices only by ⅔ or it will be too spicy!