

## SAM'S BAKED (BUT REALLY STOVE TOP) BEANS

These yummy beans are a favorite in our house. We don't eat onion, so I use celery for a bit of extra crunch, but feel free to use onion instead. The recipe makes a very large quantity so it is great for a couple of nights. In fact, these beans are even tastier the next day (or the day after that!). Eat them on their own with crusty bread, as an accompaniment to pulled pork or pork ribs, or even pop them in a burger with dill pickles and coleslaw. These beans are great for breakfast, lunch or dinner. For a vegetarian alternative, just omit the bacon.

### Ingredients:

- 4 cups dried mixed beans (soaked for 8 hours) or/ 2 x tinned butter beans, 2x tinned cannellini beans, 1 x tinned borlotti beans, 1 x tinned red kidney beans, drained and rinsed.
- 2 Sticks of celery diced
- 4 rashers of bacon diced
- 300g mushrooms diced
- 500g tomatoes chopped (alternately you can use tins chopped tomatoes drained)
- ½ cup soy sauce
- ½ cup balsamic vinegar
- ½ cup Worcestershire sauce
- 2 cloves garlic minced
- 1 Tbsp. honey
- Olive oil

### Method:

1. Heat oil in saucepan on a high heat (preferably a stove top to oven pan)
2. Add garlic and celery, cook for one minute
3. Add bacon and mushrooms, cook for a further 5 minutes
4. Add beans, tomatoes, soy sauce, vinegar, Worcestershire sauce and honey and stir to combine.
5. Continue stirring occasional until mixture comes to the boil. Reduce heat and simmer for 15 mins (really you can simmer for longer though!).
6. If you have time finish the beans in the oven on a high heat for a further 15 to 20 mins to reduce liquid further and caramelize, but you might be too hungry.

How she does it

LIVE LIFE EMPOWERED