

Proper Baked Beans

Make this vegetarian by leaving out the bacon and Worcestershire sauce.

Makes 4-6 portions

Ingredients:

- 3 tbsp rapeseed or sunflower oil
- 150g smoked streaky bacon, diced
- 1 large onion, finely chopped
- 1 tsp smoked paprika (optional)
- 2 cloves of garlic
- 2 x 400g tins of cannellini beans
- 1 x 400g tin of chopped tomatoes
- 1 tbsp tomato puree
- 75g soft dark brown sugar
- 2 tbsp. red wine vinegar or balsamic vinegar
- 250ml water
- Worcestershire sauce
- Hot sauce - such as Tabasco
- Salt and pepper

Method:

- Preheat the oven to 160c/140c fan/gas mark 3.
- Heat the oil in a large oven proof dish over a medium heat. Add the streaky bacon and fry until crisp.
- Add the onion to the pan and cook until the onion is soft. Crush the garlic and add this with the smoked paprika and tomato puree to the onions and bacon. Cook for another few minutes.
- Drain the cannellini beans and add them to the pan.
- Pour in the tinned tomatoes, sugar, vinegar and water. Bring to the boil and then add a few dashes of the Worcestershire and Tabasco sauces.
- Reduce the heat and cook for a few minutes, taste and season with salt and pepper as needed.
- Transfer to the oven and bake for about 50 minutes until the sauce has thickened and beans are soft but still keeping their shape.