THE LIGHTER PLATE METHOD

Proper Homemade Baked Beans on Toast

Sweet, smoky and thick — the version that makes the tin seem thin.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**20 min**	**25 min**	**2**	**EASY**

Ingredients

- 400 g tin haricot beans (drained and rinsed)
- 300 g passata
- 1 tsp smoked paprika
- 1 tsp black treacle
- 1 small onion (finely chopped)
- 4 slices wholemeal bread
- 1 tbsp olive oil
- 1 tsp red wine vinegar

Method

1. Heat the oil in a saucepan over a medium heat and cook the onion for 6 minutes, until soft and translucent.
2. Stir in the smoked paprika and cook for 30 seconds, then add the passata, treacle and 100ml water.
3. Simmer for 8 minutes, until the sauce has thickened and darkened.
4. Add the beans and simmer for 5 minutes more. Stir in the vinegar and season well — the vinegar is what stops it tasting flat.
5. Toast the bread and spoon the beans over.

Tips & swaps

- This doubles easily and keeps for four days in the fridge, thickening as it sits. Loosen with a splash of water when you reheat it.

Storage & reheating

Keeps in the fridge for up to 4 days; reheat gently with a splash of water.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**14g**	**55g**	**6g**	**13g**

Estimated values, for guidance only. Contains: Gluten.