

# Baked beans

## Ingredients

Olive oil, for cooking  
500g spicy cooking chorizo, diced  
1 shallot, sliced  
1 garlic cloves, sliced  
2.5mls dried oregano  
200g Haricot Beans  
1 tbsp Harissa  
400g tin chopped tomatoes  
1 tsp sugar (or to taste)  
1 tsp red wine vinegar  
2 eggs  
50g feta  
Pinch of sumac (optional)  
Sourdough toast, to serve

## Method

- 1 Preheat the oven to 170C/325F/gas mark 3. Warm a splash of olive oil in a shallow ovenproof pan and add the chorizo, shallots, garlic and oregano. Fry gently for 5 minutes, until the chorizo has released its oil and the shallots are starting to soften.
- 2 Add the beans (and 100mls of the cooking water), harissa, tomatoes, sugar and vinegar. Simmer gently for about 15 minutes until thickened, adding more water if it starts to look too dry.
- 3 Make 4 holes in the mixture with the back of a wooden spoon and crack an egg into each. Top with the crumbled feta and bake in the oven for 8-10 minutes until the eggs are cooked but the yolks still runny. Sprinkle with sumac and serve with sourdough toast.

# Aduki Bean Stew

## Ingredients

125g adzuki beans , soaked and cooked (save the cooking liquid)  
Soya margarine  
1 onion , chopped  
2 garlic cloves , finely chopped or crushed  
1 medium leek , washed, halved lengthwise and sliced thickly  
1 large carrot , cut into long julienne strips  
250 g mushrooms , cut into chunks unless very small  
1 tablespoon sweet paprika  
2 tablespoons whole wheat flour  
chili sauce  
1 teaspoon dark vegetable stock powder  
1 tablespoon soy sauce  
1 tablespoon tomato paste  
1 (400g) can canned tomatoes , chopped  
fresh ground black pepper  
fresh flat-leaf parsley , chopped

## Method

1. Saute the onion in the margarine until golden.
2. Add the garlic, leek, carrot and mushrooms, and cook for another 5 minutes, until the vegetables are just soft.
3. Mix in the paprika and flour and stir for another minute.
4. Add the remaining ingredients, including the cooked aduki beans, plus enough reserved bean cooking liquid to half-cover the ingredients.
5. Stir well, cover and simmer for about 30 minutes, stirring occasionally and adding more cooking liquid if it gets too dry.
6. Season with black pepper and parsley and serve.

# Creamy Butter Beans with Crispy Crumbs

## Ingredients

400g butter beans, soaked and cooked  
100g light soft cheese with garlic and herbs  
2 tbsp snipped chives  
4 tbsp breadcrumbs  
1 tsp sunflower oil

## Method

1. Heat the butter beans in a small pan for 3-4 mins. Remove a quarter of them to a bowl and mash with a fork until smooth and creamy.
2. Stir back into the rest of the beans in the pan with the soft cheese and chives, then heat for a few mins more until warmed through.
3. Transfer to a small baking dish and sprinkle with breadcrumbs. Drizzle over oil and flash under a hot grill for 1-2 mins until the crumbs are crunchy and golden.

# Mung Bean Hummus (Soy Bean Hummus)

## Ingredients

400g cooked mung beans (or Soy, Garbanzo, butter etc.)  
1 tablespoons lemon juice  
20 ml tahini paste  
1 large clove garlic, peeled & smashed  
1/4 teaspoon fine grain sea salt  
1/4 cup water

To serve (any or all of the following): shallot or olive oil drizzle, fried shallots, minced chives, zaatar, baked pita strips\*

## Method

1. Start by adding the mung beans to a food processor and pulse until a fine, fluffy crumb develops, really go for it - at least a minute.
2. Scrape the bean paste from the corners once or twice, then add the lemon juice, tahini, garlic, and sea salt. Blend again, another minute or so. Don't skimp on the blending time, but stop if the beans form a dough ball inside the processor.
3. At this point start adding the water a splash at a time. Blend, blend, blend until the hummus is smooth and light, aerated and creamy.
4. Taste, and adjust to your liking - adding more lemon juice or salt, if needed.

*Makes about 2 cups.*

\*Cut (or tear) whole wheat pita bread (or naan bread) into strips, wedges, or chunks. Toss well with a few glugs of olive oil and a sprinkling of salt. Arrange in a single layer on a baking sheet and bake at 350F until deeply golden, tossing once or twice along the way.