

Mixed Beans

Servings: 6

Prep Time: 5min

Cook Time: 20min



Ingredients

- 1 tbsp sunflower oil
- 2 onions, chopped
- 2 garlic cloves, crushed
- 2 x 410g cans mixed beans, drained
- 400g tomato puree
- 3 tbsp BBQ sauce
- 1 tsp Worcestershire sauce
- Sour cream & Thyme to serve

Directions

1. For the beans, heat the oil in a pan and cook the onions and garlic until soft. Stir in the beans, tomato puree and sauces. Bring to the boil, then simmer for 20 min.
2. Top the beans with sour cream and thyme.