

BUTTER BEAN CASSEROLE



Ingredients

Large glug of oil
2 sliced red onions
2 sliced red peppers
2 sliced carrots
150ml white/red wine optional
1/2tsp mixed dried herbs
1/2 tsp paprika
2 tbsp tomato puree
Few sprig rosemary optional
2 x 400g tins chopped tomatoes
400g tin of drained butter beans
400g tin drained red kidney beans
1 tbsp sugar
220g baby spinach

To serve

Natural yogurt and crusty bread optional

Method

1. Heat oil in a large sauce pan over a medium heat, add the onions, carrots and peppers, and then fry for 5-8 minutes until softening.
2. Stir in wine (if using or 150ml water), tomato puree, paprika and few sprigs of rosemary and bubble for 2 minutes. Add the chopped tomatoes, season and simmer for 15 minutes, then stir in the sugar, butter beans and red kidney beans and cook for 10 minutes more.
3. Stir in the spinach , stir until wilted, and then serve with the natural yoghurt and bread to wipe up the juices.