



LET
YOUR
light
SHINE

Greek Baked Beans - Serves 6

Ingredients:

- 4 shallots
- 4 cloves of garlic
- 1 onion
- 6 tomatoes
- 4 cups white beans, cooked or canned (Butter Beans, Navy Beans, Cannelli Beans)
- 1 stick of celery
- 1 chorizo sausage
- 2 carrots
- ½ cup of parsley
- ½ cup fresh fennel
- ½ cup of dill
- ¼ cup mild olive oil
- 2 cups tomato puree
- 2 teaspoons honey
- 1 teaspoon dijon mustard to taste
- 2 fresh bay leaves
- Pepper and salt to taste

Method:

1. Peel and finely chop garlic, shallots and onion; place in a bowl together.
2. Finely chop parsley, fennel and dill and place in a bowl to one side.
3. Finely chop chorizo sausage and celery and place to one side.
4. Peel carrots and finely chop, add to celery and chorizo.
5. Grate tomatoes. When finished, discard skins and place the pulp and juice in a bowl.
6. Heat frypan and add olive oil.
7. Once hot add onions, shallots and garlic and lightly fry until clear.
8. Add chorizo and celery to the frypan and fry for a minute or two on medium heat.
9. Add grated tomatoes to frypan and bring to a simmer.
10. Add beans, parsley, fennel, dill, honey and bay leaves and continue to cook for 30-40 minutes or until sauce has thickened; be careful not to over stir.
11. Season to taste with Dijon mustard and salt and pepper.
12. Serve with garlic bruschetta if desired.