



# homemade BAKED BEANS

Starting the day with a protein filled breakfast keeps you full for longer, gives you more energy and these homemade baked beans will give you just that.

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## Ingredients

Some vegetable oil

1 small onion, finely chopped

2 cloves of garlic paste

1/4 cup of hot water

1 tablespoon of brown sugar

1 tin 400g haricot beans/butter beans

1/2 a cup of Ketchup

1 tablespoon of black pepper



1/2 a teaspoon of garlic powder

Chilli flakes (optional)

### Method

Heat the oil in a pan. Add the onion, black pepper, garlic powder and garlic slowly until soft and golden. Be careful not to burn the garlic. Add the ketchup, hot water( a bit at a time) and brown sugar and cook for 10 minutes to amalgamate all the flavors. Add the haricot beans and cook gently to reduce the sauce until it just coats the beans. If you are using chilli flakes, add them at this juncture, but if you are using fresh chilli, add them with the ketchup.



SERVE WITH: your fave breakfast dish, rice,/grilled/roast beef or chicken

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/homemade-baked-beans/>