

# homemade baked beans

*recipe by Hercules Noble*

Serves 4

## Ingredients:

120g kidney beans  
120g borlotti beans  
120g adzuki beans  
flakey sea salt, to taste  
2 Tbsp vegetable broth powder  
1 white onion, roughly diced  
2 garlic cloves, roughly chopped  
2 Tbsp coconut sugar  
2 Tbsp red wine vinegar  
2 Tbsp tomato paste  
2 tsp Moroccan spice mix  
1 tsp chilli flakes (optional)  
cracked black pepper, to taste  
2 sprigs rosemary  
2 cans whole tinned tomatoes  
Squeeze of lemon juice

Optional to serve:

Kale or other dark leafy greens  
Sourdough  
Eggs

## Method:

Soak all beans in plenty of water the night before.

The next day, drain and add to a pot of cold water with a good bit of salt & vegetable broth. Bring to the boil and simmer for 50 - 90 minutes. You want them to still hold their shape and have one bite.

Once cooked, drain, reserving a cup of cooking liquid and set aside.

In the meantime start frying off your onion in a large pot with a dash of oil. Cooking for 5 minutes on a medium low heat until soft. Stir in your garlic, coconut sugar, vinegar & tomato paste. Cook for a few more minutes until your onion looks nice and caramelised.

Add your Moroccan spice mix and chilli flakes and season with salt & pepper. Continue to cook for 5 minutes or so. You want to see some dark caramelisation. Lower the heat if your onions are showing any sign of burning.

Add your rosemary and two tins of tomatoes and mash them up. Cook for a further 10 minutes or until slightly thickened then add your beans! If it looks thick just add a splash of preserved cooking liquid. A squeeze of lemon juice to taste.

They're now ready! This is your simple baked bean base, ready to be taken any direction you like. Either allow to cool and pop into the fridge for later use, or serve them up. If you like, add some fresh greens like kale or spinach, then toast some sourdough and poach a couple eggs.

