

Baked Bean Stew

This is not a fancy recipe but it is very quick and easy and yum. Kids will eat it and anybody can make it.

100g mushrooms sliced
1 large onion diced
1-2 med-large tomato diced
1 420g tin of baked beans
1-2 tbs of macadamia oil
1 clove garlic crushed
1/2 tsp dried thyme
1/2 tsp dried origano

Add macadamia oil to a moderately heated saucepan. Then add crushed garlic and onion and cook until onion is transparent. Then add in tomato's and mushrooms while stirring and continue cooking till these vegetables are fairly cooked. Then add in baked beans. Then add in dried herbs.

Ready to eat.

Can be eaten as is, or poured over corn chip or on a piece of buttered wholemeal spelt toast