

Three-Bean Tomato & Vegetable Beans



Easy • Plant-rich • High in fibre • Batch-cooking friendly

A hearty, homemade alternative to tinned baked beans, combining three types of beans with tomatoes, peppers, mushrooms and aromatic garlic. Delicious piled onto wholemeal sourdough toast and finished with mature cheddar.

Ingredients

Makes approximately 4 generous servings

- 1 x 400g tin cannellini beans
- 1 x 400g tin haricot beans
- 1 x 400g tin black beans
- 500 g passata
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped or crushed
- 1 red pepper, diced
- 150 g mushrooms, sliced
- 2 fresh tomatoes, finely chopped
- 1 tsp vegetable bouillon powder
- Olive oil
- Black pepper

Method

1. Heat a little olive oil in a large saucepan. Add the chopped onion and red pepper and cook gently for 5–7 minutes until softened.
2. Add the garlic and sliced mushrooms. Cook for another 3–5 minutes until the mushrooms begin to soften.
3. Stir in the finely chopped tomatoes and passata, followed by the vegetable bouillon powder and a good grind of black pepper.



4. Drain and rinse the cannellini, haricot and black beans, then stir them into the tomato and vegetable mixture.
5. Simmer gently for 20–25 minutes, stirring occasionally, until the sauce has thickened and the flavours have come together. Add a splash of water if it becomes too thick.
6. Taste and adjust the seasoning. Serve on wholemeal sourdough toast, topped with grated mature cheddar if you like.

Nutrition at a glance

The recipe is naturally rich in plant foods and provides a mixture of plant protein and fibre.

Estimated per serving of beans

300–400 kcal

Protein: **17–22 g**

Fibre per serving: **12–17 g**

Indicative estimates assuming three standard tins of beans, drained, divided into four servings. Actual values depend on tin sizes, drained weights, passata quantity and added oil.