

Bean Stew

Ingredients

- 400g Tin Mixed Beans
- 400g Tin Chopped Tomato
- 50g - frozen diced onion
- 100g Pancetta, Lardons or Chorizo
- 100g Courgette
- 50g Diced Sweet Pepper
- ½ tsp Chilli Flakes (Optional)
- 1 tsp Mixed Herbs
- Salt & Pepper to Taste
- Splash of Extra Virgin Olive Oil
- 300g dry Pasta Twirls (Fusilli) (3 Mugs)

Quantities are just a guide as the exact numbers don't matter that much.

Options

- You can omit any meats and make this as a vegetarian dish.
- If using Chorizo, fry in a separate pan and drain off the liquid before combining with the other ingredients.

Equipment

- Big pot
- Sharp Knife
- Basic utensils – nothing special!

Preparation

There's not much to do here other than dice the veg and gather together the other ingredients.



Method

Put a splash of olive oil in the pan and add the onions and pancetta.

Keep on a medium heat for 5 minutes until soft.

Add the courgette and peppers and soften for a further 5 minutes.

Now you can add the mixed beans, chopped tomato, chilli and herbs.

Taste and season.

You have the option to add some tomato puree if you are not happy with the colour!

Keep this on a simmer to keep warm and prepare the pasta.

Boil a kettle of water.

Put the pasta in another saucepan and cover with the boiling water.

Add a little salt and keep on a rolling boil for 10 minutes or until the pasta is starting to lose the chewiness.

Cook the pasta for a few minutes more if you are eating this fresh.

Tips

Also works well with other forms of pasta.



Maybe looks better if you use green courgette and green peppers?

Portions

Number of portions	4
Final Portion Size	225g Stew 180g Pasta
Storage Container	Plastic Tray

Storage

This can be served fresh but also ideal for freezing in a plastic tray for individual meals.

Add a layer of pasta (1 ladle is about 180g) to the bottom of the plastic tray.

Add a ladle of Bean Stew on top of the pasta.

Allow to cool before freezing.

Heating & Serving

Heating instructions from chilled are a guide only.

Be sure the meal is piping hot throughout before serving.



4 min

20 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating but not essential. I heat this from frozen and it takes about 9 minutes in the microwave.

Add a splash of water to the tray before heating.

Can be eaten directly from the tray.

Can be boxed without pasta and served with mash or as a filling to a baked potato.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

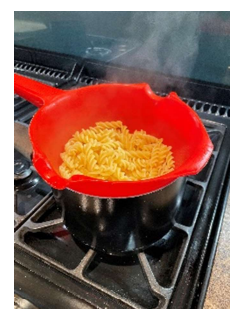
Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Heating Marion's Meals



*1 mug of dry pasta is about 100g.
The weight will double when cooked.*



Drain the pasta before adding to the storage tray.



Store in plastic tubs



You can eat from the tray or serve on a pre-heated plate.