

Greek-style Beans



Serves 4 Prep 5 mins

Cooking 25 mins

Easy

Ingredients

2 tbsp olive oil
1 finely chopped red onion
1½ tsp dried oregano
2 tbsp tomato puree
400g cans of chopped tomato
300 ml low-salt vegetable stock
½ tsp caster sugar
1x 400g can of butterbeans or cannellini beans
juice of ½ lemon
50g feta
Baked sweet potato & yoghurt or toasted sourdough to serve

1. Heat 2 tbsp olive oil in a deep frying pan over a medium-high heat. Add 1 finely chopped large red onion, a pinch of salt & cook for 5 mins, until softening and the edges are turning golden. Mix in 1½ tsp dried oregano & 2 tbsp tomato puree.
2. Reduce the heat to medium & cook for 3-4 mins, stirring, until the puree turns dark red. Mix in 400g can chopped tomatoes, 300ml low-salt vegetable stock & 1/2 tsp caster sugar.
3. Drain & rinse 1x 400g can butter beans. Simmer for 10-12 mins over a low-medium heat, then mix in the beans. Stir well, then simmer for 2-3 mins before seasoning to taste with salt, pepper and juice of 1/2 lemon.
4. Serve with 50g feta crumbled over and scatter a small handful of finely chopped dill on top, and toasted sourdough on the side for mopping up.