

Jacket potatoes with home-baked beans



Serves 4

Prep 10 mins

Cooking 1h 30 mins

Easy

Ingredients

4 baking potatoes
1 tbsp sunflower oil
1 carrot , diced
1 celery stalk, diced
400g can haricot beans , drained
2 tomatoes , chopped
1 tsp paprika - choose sweet or hot depending on taste
1 tsp Worcestershire sauce
2 tbsp chopped chives , to serve
grated cheese, to serve (optional)

1. Heat oven to 200C/180C fan/gas 6. Scrub the potatoes and dry well, then prick in several places with a fork. Bake directly on the oven shelf for 1-1½ hrs, until they feel soft when squeezed. You can reduce the time by covering with wet kitchen roll and microwaving for 10 minutes, then baking in the oven for 45 minutes - 1h.
2. After 30 mins, heat the oil in a pan and gently cook the carrot and celery for 10 mins until softened. Add the beans, tomatoes and paprika and cook gently for a further 5 mins until the tomatoes are softened and pulpy. Stir in 100ml water and the Worcestershire sauce, cook for a further 5 mins then cover and keep warm.
3. Split open the potatoes and spoon in the beans. Scatter with chives and grated cheese, if you like.