




PUFF PASTRY BEAN PIE



Serves: 8

Ingredients



1 tbsp butter
1 onion, roughly chopped
2 cloves garlic, minced
2 tins KOO Baked Beans in Chilli Wors Flavoured Sauce
1 can KOO Mixed Vegetables in Brine
1 can All Gold Diced Peeled Tomatoes
2 tbsp Mrs Balls chutney
1 tsp mixed dried herbs
Salt & pepper, to taste
1 sheet of frozen puff pastry, thawed
1 egg, beaten

Method

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1. Preheat the oven to 180°C and grease an enamel baking dish.
 2. In a large saucepan on a medium heat, melt the butter and sauté the onions until translucent, 7 minutes. Add the garlic and sauté 30 more seconds.
 3. Add the two tins of KOO baked beans, the tin of KOO mixed vegetables and the tin of All Gold chopped peeled tomatoes. Add the chutney and dried herbs to the bean mixture. Stir well until heated through, 8 minutes. Adjust the seasoning.
 4. Pour the bean mixture into the greased baking dish.
 5. Brush some of the egg over the rim of the dish.
 6. Unroll the puff pastry over the baking dish and trim off the extra pastry.
 7. Use a fork to press down the pastry all around the edge so that it sticks to the dish.
 8. Use a knife to make a small cross in the centre. Use the leftover pastry to cut out four ovals and stick them onto the centre of the pie to form a leaf shape, around the steam hole.
 9. Brush the beaten egg over the top of the pastry.
 10. Bake the pie for 15 - 20 minutes until golden brown on top.
 11. Remove from the oven and allow to rest for 5 minutes before serving the pie warm with a fresh salad on the side.
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CHEESY TOMATO & BEAN BUN BAKE

Serves: 8

Ingredients

For the Baked Bean Pie

- 1 tbsp butter
- 1 onion, finely chopped
- 1 medium carrot, finely chopped
- 2 cloves garlic, minced
- 1 tsp paprika
- 1 tsp dried oreganum
- 1 can All Gold Diced Peeled Tomatoes
- 2 tbsp All Gold Tomato Sauce
- 2 cans KOO Baked Beans in Barbeque Flavoured Sauce
- Salt & pepper, to taste
- 2 cups grated mozzarella cheese

For the buns

- 500 g Store bought dough
- 1/3 cup butter, melted
- 2 cloves garlic, minced
- 2 tbsp chopped parsley

Method

For the Baked Bean Pie:

1. In a large skillet/shallow cast iron pot on a medium heat, sauté the onions and carrots in the butter until translucent, 7 minutes.
2. Add the garlic and stir through, 30 seconds.
3. Add the paprika and oreganum along with the can of All Gold chopped tomatoes and All Gold tomato sauce. Bring to the boil, reduce the heat to a simmer and cook down slowly, 10 minutes until thickened.
4. Add the KOO Baked beans and allow to heat through, 5 – 7 minutes. Adjust the seasoning to taste.
5. Add a thick layer of mozzarella cheese on top of the baked beans and allow to melt while preparing the dough balls.



For the buns:

1. Preheat the oven to 180°C .
2. Divide the dough into 8 – 10 balls and place them tightly on top of the cheese on the baked bean skillet.
3. Mix the melted butter, garlic and chopped parsley and brush over the dough balls.
4. Bake the skillet for 20 – 25 minutes until golden brown and cooked.
5. Brush with more herbed butter ½ way through the baking time if needed.
6. Serve the skillet while warm and dish a bun along with the cheese and baked bean mixture.

SWEET POTATO BLACK BEAN BAKE

Serves: 8

Ingredients:

For the Black Bean Shepherd's Pie:

- 1 tbsp butter
- 1 onion, finely chopped
- ½ red pepper, cubed
- ½ green pepper, cubed
- 2 cloves garlic, minced
- 1 tsp cumin powder
- 1 tsp paprika
- 1 tsp chili powder (optional)
- 1 cinnamon stick
- 2 tins KOO Black Beans in Brine, drained
- 1 can KOO Whole Kernel Corn in Brine, drained
- 1 can All Gold Diced Peeled Tomatoes
- Salt & pepper, to taste

For the sweet potato topping:

- 6 medium sweet potatoes, peeled & quartered
- 2 tbsp butter
- ½ cup milk
- Salt & pepper, to taste

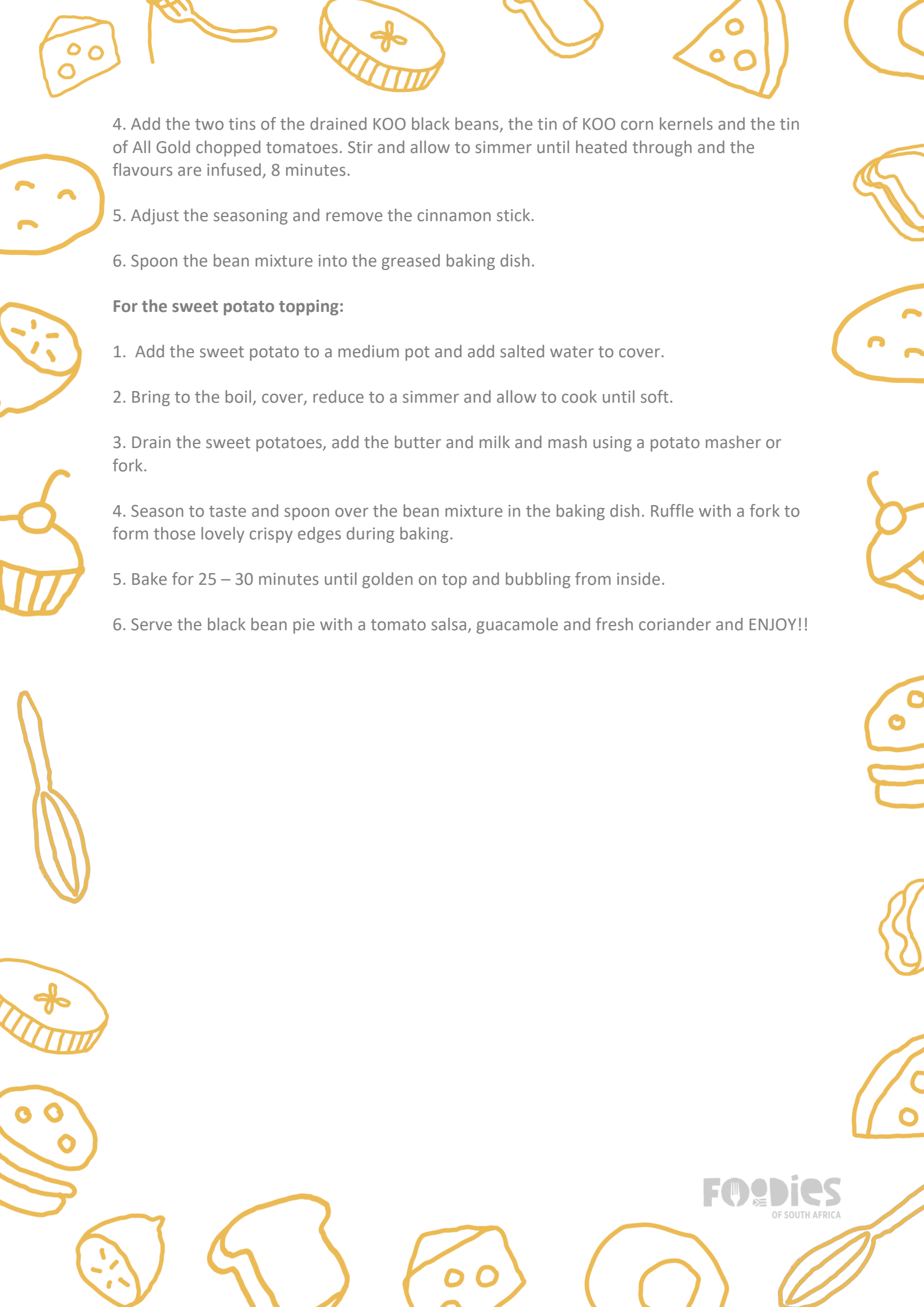
Serving Suggestion:

- Avo slices
- Sour cream
- Handful of fresh coriander leaves

Method

For the Black Bean Shepherd's Pie:

1. Preheat the oven to 180°C and grease a medium baking dish.
2. In a large pot on a medium heat, melt the butter and sauté the onions and peppers until softened, 7 minutes. Add the garlic and sauté 30 more seconds.
3. Add the cumin, paprika, chili powder and the cinnamon stick and mix through for 30 seconds.



4. Add the two tins of the drained KOO black beans, the tin of KOO corn kernels and the tin of All Gold chopped tomatoes. Stir and allow to simmer until heated through and the flavours are infused, 8 minutes.

5. Adjust the seasoning and remove the cinnamon stick.

6. Spoon the bean mixture into the greased baking dish.

For the sweet potato topping:

1. Add the sweet potato to a medium pot and add salted water to cover.

2. Bring to the boil, cover, reduce to a simmer and allow to cook until soft.

3. Drain the sweet potatoes, add the butter and milk and mash using a potato masher or fork.

4. Season to taste and spoon over the bean mixture in the baking dish. Ruffle with a fork to form those lovely crispy edges during baking.

5. Bake for 25 – 30 minutes until golden on top and bubbling from inside.

6. Serve the black bean pie with a tomato salsa, guacamole and fresh coriander and ENJOY!!