



CHEESY BEANS ON TOAST

Prep. time 5 mins | Cooking time 20 mins

Here's a snack in a pinch – vegan cheesy beans on toast. Liven up your lunch with this quick and easy recipe that uses our vegan Grated Cheddar Style Sheese

Ingredients

1 teaspoon olive oil
1 onion, finely diced
1 teaspoon paprika
1/2 teaspoon brown sugar
Dash of soy or tamari sauce
1 x can cannellini or butter beans, drained
1 x carton passata
1 teaspoon mixed herbs
2 x slices wholemeal bread
30g Bute Island Grated Cheddar Style Sheese

Cooking Method

Heat the oil in a frying pan and add the onion. Cook for 10 minutes until starting to soften.

Add the paprika, brown sugar, soy sauce/tamari and cook for a further few minutes.

Add the beans, passata and herbs and simmer for 10 minutes, so the sauce reduces a little and caramelises.

Once ready, pop your toast on a plate, spoon over some beans and top with grated Sheese. If you really want, pop under the grill for a few minutes for extra meltyness!

