

Roasted Vegetable Butter Bean Crumble



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4-6 portions

INGREDIENTS

100g Carrots
100g Onions
100g Peppers
15ml Oil
800g Butter Beans

Tomato Sauce

80g Onions
10g Garlic
15ml Oil
½ tsp Mixed Herbs
15g Tomato Paste
500g Chopped Tomatoes
10g Honey or Sugar

Cheese Crumble

Topping

20g Butter or Margarine
45g Plain Flour
5g or ½ tsp Mixed Herbs
50g Grated Cheese

METHOD

Pre heat the oven to 180°C and make the tomato sauce.

Tomato Sauce

Peel and dice the onions. Peel and finely chop the garlic. In a pan heat the oil and cook the diced onions and garlic on a medium heat until soft.

Add the mixed herbs and tomato paste and cook gently for a few more minutes.

Add the chopped tomatoes and honey/sugar, then bring to the boil and simmer for 15 minutes.

Peel and dice the carrots, then chop the onions and peppers. In a pan heat the oil and cook the onion, peppers and carrots until soft.

Add the tomato sauce and butter beans to the vegetables and bring to a simmer. Remove from the heat and transfer to an oven proof dish.

Make the cheese crumble topping.

Cheese Crumble Topping

Rub together the butter and plain flour until it resembles breadcrumbs.

Mix in the herbs and grated cheese.

Sprinkle the cheese crumble topping on top of the vegetable butter bean mixture.

Cook for 20 minutes until golden brown on top, then serve.