

Baked Bean Lasagne

Baked bean lasagne is a great store cupboard recipe. Try one or two of our 'Something to try next time' suggestions and you will never waste any of your leftovers again!



Egg, milk, mustard and wheat (gluten)*

Nutritional information per portion (426g):

Energy	Fat	Saturates	Sugars	Salt
1604kJ 382kcal 19%	10g 15%	3.4g 17%	11g 12%	1.8g 30%

of an adult's reference intake.
Typical values per 100g: energy 377kJ/90kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Deep frying pan
OR large saucepan
Measuring spoons
Can opener
Wooden spoon
Small saucepan
Table knife
Whisk
Grater
Deep ovenproof dish
(approx. 25 x 25cm)
Oven gloves

Ingredients

Serves 4-6

1 onion OR 100g frozen chopped onions
2 cloves garlic
1 pepper OR 100g frozen chopped peppers
1 x 15ml spoon vegetable oil
1 x 400g can chopped tomatoes
2 x 420g cans reduced-sugar and salt baked beans in tomato sauce
1 x 5ml spoon dried mixed herbs OR oregano
Ground black pepper (optional)
25g unsaturated fat spread
25g plain flour
300ml semi-skimmed milk
75g reduced-fat mature Cheddar cheese
½ x 5ml spoon mustard (English or Dijon)
10–12 dried lasagne sheets

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Choose dried lasagne sheets that do not need pre-cooking.
- If you are cooking the lasagne straightaway, insert a knife into the centre of the dish after 45 minutes to check that the pasta is soft all the way through. If it isn't, lower the temperature a little and cook for another 5–10 minutes until cooked.
- A square or rectangular dish is most suitable for lasagne so the sheets of pasta fit in easily. Snap the sheets into thinner strips or pieces to fill in any gaps.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Peel and finely chop the fresh onion and garlic.
3. Wash the fresh pepper, deseed and dice.
4. Heat the oil in the large saucepan and soften the onions, garlic and peppers over a low heat for 4–5 minutes.
5. Open the cans and add the tomatoes and baked beans to the saucepan. Add a little water to each can, swirl around and pour into the pan so nothing is wasted.
6. Add the dried herbs and ground black pepper (if using), to taste; reduce the heat and leave to simmer while you make the cheese sauce.
7. Weigh the spread and flour into the small pan and add the milk. Gently bring to the boil whisking all the time to prevent any lumps. Once the sauce is bubbling, reduce the heat and cook for a minute, then turn off the heat.
8. Grate the cheese and stir half into the sauce together with the mustard and black pepper (if using).
9. Put a third of the bean mixture into the base of the ovenproof dish and top with lasagne sheets.
10. Spread over another third of the beans, then pour about a third of the cheese sauce over that. Top with another layer of lasagne sheets, the rest of the beans, another third of the cheese sauce and top with sheets of lasagne.
11. Spread the rest of the cheese sauce all over the last layer of lasagne sheet and sprinkle with the remaining cheese.
12. Bake for 40–45 minutes or until bubbling hot and golden.
13. Remove from the oven and leave to settle for 4–5 minutes before serving.

Something to try next time

- To increase your vegetable intake, add some of the following suggestions to the recipe; a finely sliced leek, small florets of broccoli, 100g of sliced mushrooms and a chopped courgette. Soften these with the onion at step 4.
- Sprinkle a pinch of chilli flakes or 1 x 5ml spoon of chilli powder into the bean mixture or add a finely chopped fresh chilli at step 4.
- Add any leftover cooked vegetables to the bean mixture, or a drained can of sweetcorn, or a handful of frozen vegetables such as peas, beans or mixed vegetables.
- For a meatier version, add some sliced cooked sausage, chopped ham or a couple of rashers of chopped crispy bacon to the bean mix at step 9.
- If you are using basic canned tomatoes, add 1 x 15ml spoon of tomato purée or ketchup to make a richer sauce.

Prepare now, eat later

- Make the lasagne up to step 11, then cool and chill, unbaked, for up to 24 hours. Bake at step 12 when needed.
- Any leftovers should be cooled, covered and stored in the fridge for up to 24 hours. Reheat until piping hot, adding a small amount of water to prevent it drying out.
- The lasagne can be frozen once baked and allowed to completely cool. Freeze for up to 3 months, packed in foil or a large freezer bag, then defrost thoroughly before cooking.

Skills used include:

Weighing, measuring, peeling, chopping, grating, whisking, spreading, boiling/simmering, frying and baking.

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