

HEALTHY MEAL RECIPES



Pork and bean casserole

Ingredients (Serves 4)

- 1 teaspoon vegetable oil
- 350g lean pork shoulder, cut into chunks
- 1 large onion, chopped
- 1 garlic clove, crushed
- 2 carrots, sliced
- 1 eating apple, cored and chopped (not peeled)
- 400g can chopped tomatoes
- 2 x 410g cans haricot beans in water, rinsed and drained
- 300ml (½ pint) chicken or vegetable stock
- 2 tablespoons tomato puree
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dried thyme or mixed herbs
- Ground black pepper
- 2 tablespoons chopped fresh parsley (optional)

Equipment

Chopping board, knife, measuring spoons, flameproof casserole dish and tin opener.

Method

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4.
2. Heat the vegetable oil in a large flameproof casserole dish, brushing it over the base. Add the chunks of pork, cooking them over a high heat for 3-4 minutes until seared and browned.
3. Add the onion, garlic, carrots and apple. Cook, stirring, for 2 more minutes.
4. Add the tomatoes, haricot beans, stock, tomato puree, Worcestershire sauce and thyme or mixed herbs. Season with some pepper. Put the lid on and transfer to the oven to cook for 1½-2 hours. Serve, sprinkled with chopped fresh parsley (if using).

Preparation time: 15 minutes

Cooking time: 1½ hours

Approximate cost for recipe: £5.52

Approximate cost per serving: £1.38

Handy hints

- Why not serve with some jacket potatoes? Just scrub some large, even-sized potatoes and bake them on the shelf above the casserole for the final hour.
- You could make this casserole with chunks of turkey or chicken breast instead of pork.