

Gut-Bug Friendly Food: Baked Beans Beef & Baked Bean Hotpot



Prep: 15 mins Cook: 30 mins Servings: 4 Oven & Hob



Top Tips



Replace the beef with a plant-based alternative for a vegetarian dish.

Add a variety of beans to the dish, like butter or kidney beans - if using raw, dry beans, ensure they are cooked well before eating.



Swap the beef for another type of meat, such as chopped sausages.

Equipment



Ingredients



1

Preheat the oven to 180°C/Gas Mark 4.

Add the stock cube/gravy granules to the mug of boiling water, mix well.

Heat the oil in the frying pan over a medium heat, add the mince and cook until brown.

2

Drain the vegetables using the sieve.

Add the vegetables and baked beans to the cooked mince; heat until gently bubbling.

Season with salt, pepper and preferred herbs.

Pour the hot beef stock over the mixture.

3

Transfer the mixture into the baking dish.

Thinly slice the potatoes and arrange on top of the mixture.

Place in the oven for 30 mins or until the potatoes are golden brown.

Serve and enjoy!

If you have IBS, try adding a smaller quantity of baked beans to the dish