



# Magic Bean Stew



## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 celery stalks, sliced
- 2 bacon rashers, cut into thin strips
- 2 tbsp tomato paste
- 2 potatoes, peeled and chopped
- 400g tinned, chopped tomatoes
- 500ml vegetable stock
- 1 tsp caster sugar
- 400g can mixed beans, rinsed and drained
- 400g kidney beans, rinsed and drained
- Flat-leaf parsley leaves
- Salt and pepper

## Equipment

- Large saucepan
- Hob
- Spoon
- Bowls for serving

## Method

1. Heat the oil in the large saucepan.
2. Add the onion, celery, garlic and bacon.
3. Stir the mixture until the onion is soft and the bacon is crisp (about 6-8 minutes).
4. Mix in the tomato paste and cook for 1 minute.
5. Add the potatoes, chopped tomatoes, stock and sugar.
6. Season the mixture with salt and pepper, then simmer for about 10 minutes or until the potatoes are tender and the sauce has thickened.
7. Stir in the beans and continue to simmer for a further 3-5 minutes.
8. When ready, serve in individual bowls and sprinkle parsley leaves on top.

