



Beanfeast

(Veggie Shepherds Pie)

Prep: 20 mins
Cook: 40 mins
Total: 1 hour
Servings: 8 children

Ingredients

- 750g potatoes, boiled and mashed
- 1 large onion finely chopped
- 2 cloves garlic crushed
- 1 tablespoon of oil
- 1 good sized carrot, diced
- 80g green beans, cut into baked bean sized pieces
- 1 cup of peas
- 1 tins of baked beans
- 1 tin of chickpeas
- 1 tin of chopped tomatoes
- 1 teaspoon Dried Mixed Herbs
- 1 cup of grated cheese (optional)
- Seasoning

Method

1. Prepare the potatoes and boil them ready for mashing
2. Heat the oil in a pan and add the onions, green beans and carrots. Cook until the onions are soft and translucent, about 5 minutes
3. Add the garlic and mixed herbs and cook for 2 more minutes
4. Add the peas, baked beans, chick peas and chopped tomatoes and bring to the boil, about 5 minutes
5. Prepare the mashed potato to your own preference
6. Transfer the bean mixture to an ovenproof dish and top with mashed potatoes and cheese (if using)
7. Bake in a preheated oven (180°) for 25 minutes until the top is golden brown