

Black Eye Bean Bake

Adapted From 'The Bean Book' by Rose Elliot

This is remarkably tasty despite its simplicity.

350g/ 12oz Black Eye Beans, soaked overnight in plenty of water,
2 large onions peeled and sliced,
3 cloves garlic peeled and crushed
3 tablespoons Oil
½ tspn Thyme and 1 tspn marjoram (or try other herbs if you have them fresh such as Rosemary and Sage), we often have a chilli sauce on the side to serve
400ml 14fl oz water or vegetable stock
Sea salt and black pepper
Wholewheat bread crumbs for topping with 50g / 2oz grated cheese you could use a thin layer of cheeses mash.

Method:

Heat oven to gas mark 4 / 180 c / 350 f

Fry onion and garlic in oil for 10 minutes or so until soft. Add rinsed and drained beans, herbs and water. Bring to the boil and simmer gently for 45 minutes or so until the beans are tender. Mash the mixture or briefly process in a food processor to an interesting texture, season to taste and spoon into a shallow baking dish. Sprinkle with breadcrumbs and cheese. Bake in oven for 30mins until the top is crunchy.

This recipe freezes well – why not make twice as much?