



I Can Cook

Baked Bean Soup

Recipe by Kate Morris and Sally Brown

You will need

- 3dsp Tinned borlotti beans
- 1 Spring Onion
- 1 Stem of celery
- 3dsp Chopped cooked bacon
- 1 Clove of garlic
- 1 Pinch of chilli flakes
- 1dsp Tomato puree
- 1 Pinch of stock powder
- 250ml Water



Remember to ask a grown-up for help

1

Before cooking, wash your hands and put an apron on. Weigh and measure the ingredients.

3

Cut up the celery stalk using scissors (don't forget to ask a grown-up to help you). Add this to the oven-proof dish. Next, chop the spring onion up into small pieces. Measure in the chopped, cooked bacon.

5

Add a pinch of dried chilli flakes and the tomato puree using the spoon. To finish, add a cup (250ml) water and a pinch of stock powder. Stir well and put the lid on.

2

Start by measuring the beans into an oven-proof dish, you can give them a bit of a squash with the back of a spoon to loosen the skins, this will help thicken the soup a bit.

4

Put the garlic in a greaseproof paper bag and crush with a rolling pin. Use a dessert spoon to scoop out the crushed garlic and add it to the dish.

6

You will need to ask a grown-up to help with this part. Bake in a pre-heated oven 160°C (fan oven)/180°C/Gas 4 for 25-30 minutes and stir well before serving.