

(Almost) Naked Beans

recipe by Prof Eric Holub

Serves 4

Ingredients

200g (dry weight) haricot beans
1 leek, finely chopped
2 tablespoons rapeseed oil
15 - 20 cherry tomatoes*

2 cloves garlic
Herbs and seasoning of choice (we like basil, salt and pepper)



Method

1. Before cooking any pulses (dry legume seeds), check for small stones and bad seeds and then wash.
2. Choose whether you would like to soak the beans or not**
3. Fry the leeks in the oil until softened, then add garlic.
4. Put this mix in your slow cooker or casserole dish, then add the beans then the tomatoes. Do not mix them together.
5. Add enough water just to cover the beans.
6. Cover and cook for around 4 hours in a slow cooker on High or an oven set at 120.
7. When the beans are cooked through, stir in seasoning and herbs of your choice.
8. Serve with crusty bread, rice, or pasta.

Variations

- Rather than water, cook with beer.
- Add a couple of teaspoons of mustard for some heat.
- Add chilli as well as garlic.
- Choose seasonal herbs from your garden.
- For 'closed loop eating' add other British grown ingredients such as parsnips or carrots, at the start of the recipe, and/or kale or spinach near the finish.

Cook once, eat twice!

- Double the recipe, eat some, and freeze some to enjoy at another time



Notes

*Don't be tempted to use a tin of chopped tomatoes. Beans don't soften well with the acidity of tinned tomatoes but fresh whole cherry tomatoes don't break-down and release juice until after the beans have cooked and softened.



**Dry haricot beans can be cooked directly from dry in less than four hours, skipping the pre-soaking step, in a slow cooker. However, if you prefer to soak your beans, you can cover them with cold water and soak overnight or with boiling water and soak for an hour to shorten the cooking time.



Visit my website to watch me cook this recipe, get more bean-based recipe idea, and read more about my British-grown beans www.2bhealthygb.com