



## Beans on toast

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*This is a simple, healthy and energy packed lunch.*

### **Ingredients:**

|         |  |
|---------|--|
| 1/2     | Onion  |
| 1/2     | Clove of garlic  |
| 1 tbsp  | Olive oil  |
| 1       | Tomato   |
| 400g    | Tin of pinto beans / chick peas / black beans / butter beans |
| 1/2 tsp | Smoked paprika   |
| Dash    | Salt and pepper  |
| 2       | Slices of toast  |

### **Directions:**

- Carefully dice the onion and crush the garlic
- Chop the tomato into small cubes
- Place the onion and garlic into a saucepan and cook with a little olive oil for 1 minute
- Add to the pan the chopped tomato and continue to cook for 5 more minutes
- Add the tin of beans and smoked paprika
- Continue to cook for a further 5 minutes
- Add a little salt and pepper to taste and serve on toast
- Enjoy!