



INGREDIENTS

- Buttered Sunbake toast
- 15ml oil
- 2 onions - finely chopped
- 500g beef mince
- 15ml plain flour
- 125ml beef stock
- 1 tin crushed tomato
- 5ml Worcestershire sauce
- 1 tin baked beans
- Chopped parsley, to serve

MAKES

4 to 5 servings

Mince and Beans on Toast

DIRECTIONS

Heat a little oil in a large frying pan on medium heat. Cook onion, stirring for 3 minutes, until soft. Increase heat to high and add beef. Cook for 2 minutes, stirring to break up any lumps, until meat is browned. Stir in the flour, season to taste and cook for another minute. Stir in stock, tinned tomato and Worcestershire sauce and bring to the boil. Reduce heat and simmer gently for 10 minutes. Fold in the baked beans and heat for a further minute. Serve on hot buttered Sunbake toast, garnished with chopped parsley.