

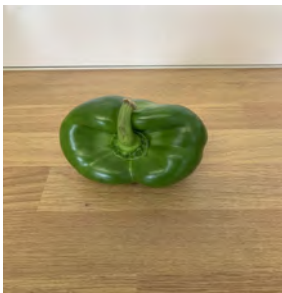





# Bean curry









## Ingredients

	Mixed beans		Chopped tomatoes
	Pepper (Any colour)		Spice of choice
	Garlic puree		Natural yogurt (optional)









## You will need

	Chopping board		Large saucepan & metal colander
	Sieve		Chopping knife


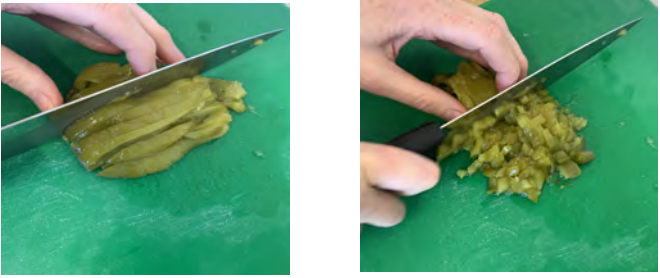




## You will need cont....

	Mixing spoon		Tin opener
	Tin foil		Saucepan
	Serving bowl		Fork & teaspoon



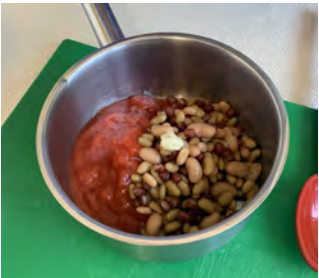





## Method

	<p>Boil water in a saucepan while you prepare the pepper</p>	
	<p>Cut the pepper in half with a chopping knife</p>	
		<p>Pull apart and remove the seeds and stalk</p>
		<p>Cut into finger length pieces</p>
	<p>Place the pepper into a metal colander and sit on top of the saucepan of boiling water</p>	
	<p>Cover with tin foil and steam for around 10 minutes</p> <p>Pepper should be soft enough to squish between finger and thumb</p>	

## Method

	<p>Remove the skin from the pepper</p> <p>You may reserve some pepper pieces for finger food</p>
	<p>Cut and dice the remaining pepper into small pieces for the curry</p>
	<p>Open the tin of mixed beans</p> <p>Use ½ tin of the mixed beans, drain and rinse under water in a sieve</p>
	<p>Open and place the tinned tomatoes into a saucepan</p>
	<p>Add the mixed beans</p>
	<p>Add the pepper</p>

## Method

	<p>Add ½ teaspoon of spice of your choice</p>
	<p>Add ½ teaspoon garlic puree</p>
	<p>Mix well and cook for 15-20 minutes until the curry has thickened and all the vegetables are cooked</p>
	<p>Serve in a bowl suitable for baby</p>
	<p>(optional) Add a teaspoon of natural yoghurt and mash and mix</p>
	<p>All to cool slightly</p>
	
	

# Method



## For finger food

Make some toast, cut crusts off



Cut into finger pieces



Serve with bean curry