

Cannellini Bean Ragu

Serves: 4

From the Garden: Tomatoes, garlic, onion/leek, carrot, rosemary, sage and parsley

Ingredients:

1 x 400g tin cannellini beans (OR 200g dried beans, soaked overnight and cooked)
1 leek or 1 large brown onion
1 carrot
1/2 stick celery
2 cloves crushed garlic
1 x 400g tin tomatoes (OR 2 fresh tomatoes skinned and diced)
2 tbsp extra virgin olive oil, plus extra for drizzling
sprig of rosemary, couple of leaves of sage
flat leaf parsley
Sea salt and freshly ground black pepper

Equipment:

Basic toolbox, sauté pan, garlic crusher, box grater

Method:

1. Wash and dry vegetables and herbs thoroughly.
2. Peel carrot and grate on coarse side of box grater and set aside.
3. Dice celery into small pieces and set aside.
4. Drain cannellini beans over the sink and rinse with cold water. Set aside.
5. Peel onion and dice finely. Place this in pan with olive oil.
6. Place sauté pan on stove burner and put on medium heat.
7. Sauté onion until softened but not too brown.
8. Add garlic and sauté for a further 2 minutes.
9. Now add celery and carrots and sauté for 2 minutes.
10. Add beans, tomatoes and rosemary. Add half a can of water, put the lid on pan and reduce heat. Simmer beans until sauce had reduced and thickened.
11. Serve as a vegetable accompaniment. Garnish with chopped parsley

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School