

## Bean and butternut winter warmer

For those cold winter nights or when you want to make something nice with ingredients that don't need refrigeration, real "weekend away" food with a braai.



### Ingredients for Bean and butternut casseroles:

2 tins of butter beans  
2 tins of peeled tomatoes  
2 onions and a bit of olive oil  
one butternut cubed  
2 tablespoons of tomato paste  
5 garlic cloves

4 bay leaves  
2 tablespoons sugar  
baby carrots - optional  
1 cup of flat-leaf parsley, chopped (or dried if you have to)  
salt, pepper and a squirt of lemon juice

### METHOD:

Preheat oven to 160 degrees.

Sauté the onions with the garlic until tender, add the tomatoes, tomato paste, 3/4 cup of parsley and bay leaves. Simmer for 10 minutes.

Add the sugar, salt and pepper.

Drain the butter beans and empty the tins into an +/- 6cm deep ovenproof dish. Add optional baby carrots. Top with the cooked tomato mixture and cover with foil. Cook for 1 hour on 160 degrees.

Roast the cubed butternut, drizzled with a bit of olive oil on the bottom tray of your oven while the bean and tomatoes simmers away.

After 1 hour, remove the roasted butternut and layer the cubes on top of the beans and tomato.

Bake uncovered for another 30 minutes on 180.

Once cooked add the rest of the chopped parsley and add a squirt of fresh lemon juice.

Serve hot as a side dish to a lovely chicken braai.

Recipe card from the kitchen of



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