



Week 4: Mixed bean hotpot and peanut butter bars

Mixed Bean Hotpot

Ingredients:

- Oil
- 1 can butter beans
- 1 can red kidney beans
- 1 tin chopped tomatoes
- 1 can potatoes
- 1 tsp each onion powder, smoked paprika, garlic granules or flakes
- 1 can spinach (optional)

Method

- Drain the butter beans, kidney beans and potatoes, slice the potatoes
- Heat 1 tablespoon of oil in large frying pan
- Add the beans and potatoes to the pan and fry gently for 5 mins
- Add the canned tomatoes, onion powder, garlic granules and smoked paprika.
- Simmer for 15 mins
- Stir in canned spinach or other green veg if desired

Peanut butter bars

Ingredients

- 8 digestive biscuits crushed up to form a fine powder
- 180g (6oz) smooth peanut butter for base + 30g (1oz) for topping
- 180g (6oz) sugar
- 135g (4.5oz) chocolate chips (or chocolate broken into pieces)

Method

1. In a large mixing bowl and stir together digestive crumbs, peanut butter for base, and sugar until combined.
2. Press the mixture into an even layer in the bottom of a parchment-lined baking tin.
3. Melt the chocolate and remaining peanut butter by putting in a microwave for 20s or melt over a pan of boiling water.
4. Pour the mixture over the peanut butter base and smooth into an even layer with a spatula.
5. Chill for 1 hour, or until set, before cutting into 10 bars.