



INGREDIENTS

- 1 cup diced tomato
- 1 cup diced capsicum
- 1 onion diced
- 1 cup of sliced mushrooms
- 1 bunch of washed diced spinach
- 2 cans of baked beans
- olive oil for cooking
- salt and pepper to taste
- 2 avocados peeled and mashed



diced tomato



sliced mushrooms

PROCESS

- Heat oil in a pan and add tomato, capsicum, onion, mushrooms and spinach.
- Cook for a minute and add the beans, combining them well.
- Heat well through and serve with a side of mashed avocado
- As a dinner option, Heat nachos in oven and top with the vegie and bean mix, grated cheese and using the avocado mash as a topper.



baked beans



ADDITIONAL

Made in the Ladyship and a rich source of calcium, fiber and gut healing foods.