



Borlotti Bean Bolognaise

Serves: 2

Ingredients

- 2 tsp coconut oil or olive oil
- 2 garlic cloves crushed
- 1 onion chopped
- 115g button mushrooms, sliced
- 1 $\frac{1}{2}$ tsp reduced-salt vegetable bouillon powder
- 1 tsp herbs
- 1 $\frac{1}{2}$ tbsp. tomato puree
- 200g canned tomatoes
- 400g can of borlotti beans, drained and rinsed
- Sea salt and ground black pepper

Directions

1. Heat the coconut or olive oil and cook the garlic and onion gently for 2 minutes then add the mushrooms and cook until fairly soft (about 5 minutes).
2. Add the vegetable bouillon powder, dried herbs, tomato puree, canned tomatoes and beans, season and simmer for about 10 minutes to allow the vegetables to soften and the sauce to thicken.

Serving suggestion: Serve with steamed tender stem or broccoli and wholemeal spaghetti. Or use spiralled veg such as courgettes or butternut
Variations: Use kidney beans or pinto beans instead of borlotti beans.

