

Butter Bean Casserole

ingredients

- 350 g (12 oz) dried butter beans, soaked 8 - 12 hours
- 225 g (8 oz) swede, peeled and chopped
- 225 g (8 oz) parsnips, peeled and roughly chopped
- 150 ml (1/4 pint) dry cider
- 5 ml (1 tsp) dried oregano
- 400 g (14 oz) can tomatoes
- 30 ml (2 tbsp) tomato puree
- 100 g (4 oz) courgettes, sliced
- 100 g (4 oz) French beans, cut into 2.5 cm (1 inch) lengths
- salt and pepper, to taste
- 100 g (4 oz) fresh wholemeal breadcrumbs
- 30 ml (2 tbsp) chopped fresh rosemary or 15 ml (1 tbsp) dried rosemary sprig, to garnish

method

1. Drain the butter beans, place in a saucepan of boiling water and cook for 10 - 15 minutes.
2. Drain again and rinse under cold running water.
3. Place in a large casserole, with 450 ml (3/4 pint) water, the swede, parsnips, cider, oregano, tomatoes with their juice and tomato puree.
4. Cover and cook at 190°C (375°F) mark 5 for 45 minutes.
5. Stir in the courgettes, French beans and seasoning and cook for a further 15 minutes.
6. Sprinkle with the breadcrumbs and rosemary and continue cooking uncovered for a further 30 minutes.
7. Serve immediately, garnished with rosemary sprig.

serving amount

serves 4