

BEAN, FRUIT & VEGETABLE CASSEROLE (SERVES 4)

PREPARATION TIME 25 minutes (+ pre-soaking and initial cooking of the beans), COOKING TIME 40 minutes

Ingredients

- 4 tbsp olive oil
- 2 garlic cloves, peeled and crushed
- 1 onion, peeled and chopped
- 2 tsp ground coriander
- 2 tsp paprika
- 2 tsp chinese mixed spice
- 250gm of dried mixed fruit (pear, apple, apricot, prune etc) chopped into ¼'s
- 2 medium potatoes, peeled and cubed
- 2 large carrots, peeled and sliced
- 225 g (8 oz) swede, peeled & cubed
- 500 g of dried mixed beans (you can use tinned pre-cooked beans as an alternative)
- 300 ml (10 fl oz) tomato juice
- 300 ml (10 fl oz) apple juice
- 2 tbsp tomato purée
- salt and pepper
- 3 tbsp chopped fresh mint

Pre-soak and fast boil the beans in accordance with the instructions on the packet. Drain and rinse in boiling water.

Heat the oil in a saucepan and fry the garlic, onion and spices for 5 minutes. Add the potatoes, carrots and swede and continue to fry gently for a further 5 minutes.

Stir in the beans, together with the tomato juice and tomato purée. Bring to the boil. Cover, reduce the heat slightly, add the dried chopped fruit & apple juice and simmer for 40 minutes. (This leaves the fruit with a 'bite'. For a softer consistency pre-soak the fruit in the apple juice for 2 hours)

Add seasoning and serve with a sprinkling of chopped mint.

Goes well with couscous and/or rice.