

Give it a try!

Roots & Vines



Aubergine and bean casserole

Preparation time
Less than 30 mins

Cooking time
30 mins to 1 hour

Serves 4-6

Ingredients

- 1 tbsp vegetable oil
- 2 onions, quartered
- 1 garlic clove, crushed
- 250g/9oz chestnut mushrooms, halved
- 2 aubergines, cut into large chunks
- 2 x 400g/14oz can borlotti or butter beans
- 75g/3oz muscavado sugar
- 1 tsp smoked paprika
- 100ml/3½fl oz vegetable stock
- 75g/3oz molasses
- 100g/4oz tomato ketchup

Heat the oil in a heavy-based frying pan. Fry the onions and garlic on a medium heat for five minutes or until golden-brown and softened.

Add the mushrooms and aubergines and cook for 10 minutes.

Stir in the borlotti beans, muscovado sugar, paprika, vegetable stock, molasses, tomato ketchup, mustard, sherry vinegar and parsley and bring to the boil. Cover and simmer for 45 minutes.

Serve with yoghurt and flatbread.

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