

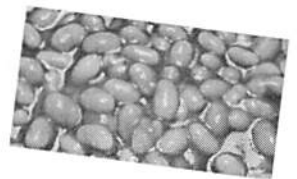
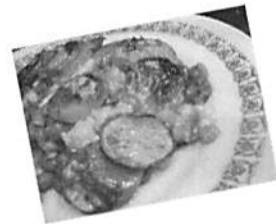
Title: Cowboy Hotpot

Serves: 2

Time to cook including preparation: 1 hour

Basic Ingredients:

1 tablespoons of olive oil	1 onion
1 large sweet potato	1 red pepper
1 large carrot	4oz/120g green beans
1 tin of baked beans	1 small tin of sweetcorn
1 tablespoon of tomato purée	1 teaspoon barbecue seasoning
40z/120g cheese	1 potato



Method:

1. Turn on the oven to Gas Mark 5 or 190 degrees Celsius.
2. Finely chop (dice) the onion, red pepper, sweet potato and carrot.
3. Chop the green beans.
4. Grate the cheese.
5. Heat the oil in a large pan and gently fry the onions until they are soft.
6. Add the chopped red pepper, sweet potato and carrot until they are soft.
7. Add the green beans, baked beans and sweetcorn (include the liquid), tomato purée and barbecue seasoning. Bring to the boil and simmer for 5 minutes.
8. Slice the potato very thinly.
9. Put all of the vegetables into an oven dish.
10. Sprinkle some of the cheese over the top.
11. Put the dish in the oven for 45 minutes until the potato is golden brown and cooked.

Tips/Information: Lovely vegetarian dish. Why not have a glass of pure juice with it to help you towards your 5 a day?