



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BEANS & BACON

Time: 30 minutes

Serves: 4

Ingredients:

4 ounces pancetta – thickly sliced and cut into squares
3 cloves garlic – very finely chopped or crushed
2 cups diced tomatoes – smoked if available
19 ounce can white kidney beans – rinsed and drained
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
¼ cup flat-leaf parsley - chopped

Preparation:

Place a deep frying pan on medium heat and when hot, add the pancetta, stirring occasionally for five minutes or until nearly browned.

Add the garlic, stirring for thirty seconds.

Stir in the tomatoes, beans, salt and pepper and bring to a simmer. Reduce heat and continue to simmer for ten minutes.

Stir in the parsley and serve.

Nutritional Information Per Serving:

Calories: 241

Fat: 9g

Carbs: 27g

Fibre: 8g

Protein: 15g