



Homemade Baked Beans

A variety of beans covered in a rich tomato based sauce, a perfect addition to breakfast

INGREDIENTS

Mixed Beans, Ham Hock, Onion, Garlic, Olive Oil, Diced Tomatoes, Worcestershire Sauces, Maple Syrup, Dijon Mustard

SIMPLOT SHORTCUTS *substitute using...*

Edgell Four Bean Mix (43163), **Edgell** Chopped Onions (40273),

Leggos Classic Herb Sauce (05574)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	35 MINS	10 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	25 MINS	25 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	29 MINS	24 MINS
TOTAL HANDS ON LABOUR TIME	64 MINS	34 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$0.94	\$0.50
PER PORTION FOOD COST	\$1.26	\$0.82
	<i>total cost per portion</i> \$2.20*	<i>total cost per portion</i> \$1.32*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE	
ENERGY 476kj	PROTEIN 4g
FIBRE 5g	SODIUM 564mg
Per 154g serve	

- ✓ SUITABLE FOR SOFT AND MINCED MOIST DIETS
- ✓ BLEND FOR PUREED DIETS
- ✓ LOW IN SALT
- ✓ HIGH IN FIBRE
- 💡 ENJOY WITH EDGELL MINI HASH BROWNS
- 💡 RECIPE CAN BE MADE IN LARGER BATCHES AND FROZEN IN DESIRED PORTION SIZE



*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.