

## 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...

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

(05574) Classic Herb Sauce

BASED ON MAKING 10 PORTIONS

from Scratch

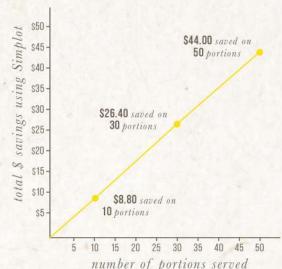
from Simplot

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

hints, tips and nutrition Facts...

| USING SIMPLOT RECIPE |             |  |
|----------------------|-------------|--|
| ENERGY               | PROTEIN     |  |
| 476kJ                | 4 g         |  |
| 7 1                  | - S. A. 195 |  |
| FIBRE                | SODIUM      |  |
| 5 g                  | 564 mg      |  |
|                      |             |  |
| 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



<sup>\*</sup>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.