



VEGAN SLOW-COOKER BAKED BEANS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 8-10 hours

Serves: 8-10



INGREDIENTS

- 3 x 420g cans cannelloni beans, drained & rinsed
- 2 x 420g cans crushed tomatoes
- 2 large onions, finely diced
- 1 tbsp garlic, crushed
- 1 ½ tbsp natvia
- 1 tbsp tamari sauce
- 2 tbsp tomato paste
- ***Optional: 1 tbsp dried chilli***
- 1 tbsp peri peri sauce
- 1 tbsp smoked paprika
- 3 bay leaves
- 1 tbsp fresh rosemary
- 1 tsp pink rock salt
- ¼ tsp black pepper
- 2 tbsp water

METHOD

- Combine all ingredients into slow cooker, and mix well.
- Cook on low heat for 8-10 hours, stirring every few hours.
- Serve hot as a meal, or as a side dish.