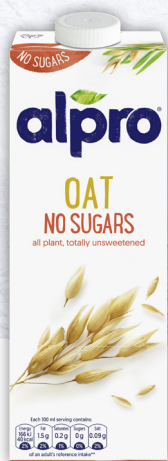


GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



VEGETABLE & BEAN BAKE

This tasty vegetarian bake is so easy to make and makes great use of surplus vegetables – truly satisfying comfort food, whether you're a vegetarian or not.

Serves 6

Prep time: 30 minutes

Cooking time: 1 hour

INGREDIENTS

- 275g carrots, peeled & cut into 3cm pieces
- 140g leeks, peeled & cut into 2cm rings
- 140g beetroot, peeled & cut into 3cm pieces
- 275g squash/pumpkin, peeled & cut into 3cm pieces
- 200g red/white onions, peeled & quartered
- 380g carton/can black beans, rinsed & drained (any other canned beans or chickpeas can be used)

Sauce:

- 60ml vegetable oil
- 2 cloves garlic, peeled & finely chopped
- 60g plain flour
- 675-700ml **Alpro Oat or Soya drink**
- 75g grated cheddar or (hard) cheese
- Seasoning

Topping:

- 100g fresh breadcrumbs
- 3 tbsp vegetable oil
- 50g grated cheese
- 15g fresh herbs, optional

METHOD

1. Place the carrots, leeks, beetroot & squash in a large saucepan with boiling water and cover with a lid. Cook on a medium/high heat until the vegetables are just soft to the point of a knife. Ten minutes before the vegetables are ready, add the onion pieces to the pan. (The beetroot can be cooked separately to prevent the colour leaking or cooked beetroot can be used instead.)

To make the sauce:

2. Heat the oil in a medium size saucepan, add the garlic and cook gently for a few minutes. Then add the flour and stir well.
3. Add the **Alpro Oat or Soya drink** gradually, beating the sauce well to prevent lumps. Continue adding the drink until the sauce is smooth. Then bring to the boil, stirring well.
4. Stir in the grated cheese and season to taste.

To make the topping:

5. Mix all the ingredients together in a separate bowl.

To finish:

6. Drain the vegetables into a large ovenproof dish approx. 34 x 26cm. Add the black beans and pour over the cheese sauce.
7. Sprinkle with the breadcrumb topping and place under the grill or in a hot oven (180°C fan, 200°C conventional, gas 6) until golden brown.

If cooking the dish from chilled:

longer cooking time will be required to heat the food through.

Cooking for a crowd:

to serve 12, double the recipe ingredients. Prep time 40 mins. Cooking time 1hr - 1¼ hrs. Use a 4.5 litre saucepan for the vegetables. Use tin size 39 x 32 x 6cm.

TOP TIP:

Why not try a different selection of vegetables, such as celery, parsnips or sweet potatoes. You can also try different plant-based drinks such as **Alpro Almond** or **Coconut No Sugars drink**.