

Pork and Beans

Written by DinnerMan

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Ingredients & Quantities

- 500g of Diced Pork
- 80g of TVP Chunks
- 240ml of Water (for TVP)
- 140g of Carrots
- 1/2tsp of Mustard Powder
- 20g of Brown Sugar
- 20g of Golden Syrup
- 240ml of Meat Stock (Oxo)
- 1 tin of Baked Beans

Method

1. Fry the diced pork and place in an oven proof dish along with the pre-soaked TVP.
2. Add the peeled, sliced carrots to the meat.
3. Mix the dry mustard powder with the sugar, add the syrup and hot stock, stir well and pour over the vegetables and meat. Season well.
4. Cover with a lid and cook in a hot oven for 2-2.5 hours.
5. Add the baked beans half an hour before the end of the cooking time.