

## 5 BEAN VEGETARIAN BEAN JAR

Keeping your store-cupboard and freezer well stocked with canned, dried and frozen goods will mean you have all the ingredients on hand to whip up this Guernsey classic.

### INGREDIENTS

1 onion - sliced  
2 carrots  
½ butternut squash  
1 courgette  
1 aubergine  
3 bell peppers (red, yellow, green)  
100g spinach  
1 litre vegetable stock

### AND 5 BEANS!

100g butter beans  
100g cannellini  
100g red kidney  
100g flageolet  
100g borlotti

### METHOD

1. Soak all the beans overnight and drain.
2. Place in a pan and add the vegetable stock.
3. Slice the onions and dice the vegetables into 1cm cubes.
4. Heat a little Guernsey butter in a frying pan and gently fry the onions and vegetables until lightly browned.
5. Add the vegetables to the beans and the stock and stir.
6. Cook on the top of the oven for about 20 minutes until the beans are well cooked.
7. Just before serving add the spinach.
8. Serve with a crusty roll and Guernsey butter.



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SERVES  
4

