



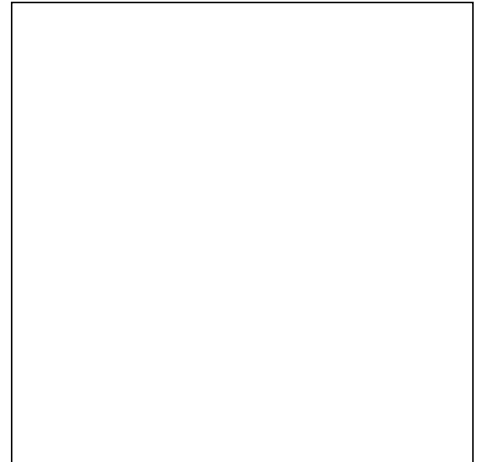
Recipe Name: Homemade Baked Beans Recipe
(Wholesome & Healthy)

Diet Type:

Course: High Protein Vegetarian

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Dry beans - (such as cannellini or soya beans)	4
• 1 teaspoon Extra Virgin Olive Oil	
• 1 Onion - finely chopped	
• 1 clove Garlic - grated	
• 500 grams Tomatoes - pureed	
• 1 tablespoon Honey - or more to taste	
• 1 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Dried oregano	
• 1/4 teaspoon Red Chilli powder - or cayenne pepper	
• Salt and Pepper - (coarsely pounded pepper) to taste	

Preparation

- To begin making the homemade baked beans recipe, we first have to soak the beans overnight for about 8 hours in water.
- We also have to make the cooked tomato puree.
- [Click here to see the recipe of how to make tomato puree at home.](#)
- Once the beans are soaked.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	15	40	9	10	20