

MEZZE BAKED BUTTER BEANS

Satisfying and super-healthy, enjoy at room temperature as part of a meze, or on top of toasted sourdough,

Prep Time 20 minutes

Cook Time 2 hours

Servings 4

Ingredients

- 400g Butter beans
- 3 tbsp Greek extra virgin olive oil, plus more to serve
- 1 Red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tbsp tomato purée
- 800g ripe tomatoes, skins removed, roughly chopped
- 1 tsp sugar
- 2 Drops of Oregano Essential Oil
- pinch ground cinnamon
- 2 tbsp chopped flat-leaf parsley, plus extra to serve

1. Place beans in a pan covered with water. Bring to the boil, reduce the heat, then simmer for approx 50 mins until slightly tender but not soft. Drain, then set aside.
2. Heat oven to 180C. Heat the olive oil in a large frying pan, tip in the onion and garlic, then cook over a medium heat for 10 mins until softened but not browned.
3. Add the tomato purée, cook for a further min, add remaining ingredients, then simmer for 2-3 mins. Season generously, then stir in the beans.
4. Tip into a large ovenproof dish, then bake for approximately 1 hr, uncovered and without stirring, until the beans are tender. The beans will absorb all the fabulous flavours and the sauce will thicken.
5. Allow to cool, then scatter with parsley and drizzle with a little more olive oil to serve.

*Note I only use Certified Pure Therapeutic Pure Grade essential oils from doTERRA.

