



INGREDIENTS

- 16 Ounce Can Heinz Beans (made in England, if available)
- 3 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 1 Teaspoon Butter (optional)

DIRECTIONS

1. Put the beans into a small pot over medium low heat.
2. Put the bread in the toaster, and make the toast as desired. If you like, you can butter the toast.
3. Stir the beans, and heat until almost boiling, but don't allow to boil.
4. Place the toast on plates, and spoon the beans over the top of each slice according to portions below
5. Serve immediately.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

-  Snack

YIELD

3 Slices Bread
+ 1¾ Cups Beans

PORTION SIZES

- Toddler:** ½ Slice Bread
+ ¾ Cup Beans
- Preschool:** ½ Slice Bread
+ ¾ Cup Beans
- School Age:** 1 Slice Bread
+ 1 Cup Beans
- Adult:** 1 Slice Bread
+ ¾ Cup Beans