



INGREDIENTS

- 3 Tablespoons Oil
- 1 Cup Onion (finely chopped)
- 2 Teaspoons Garlic (crushed)
- 2 Ounces Ginger (finely grated)
- 2 Tablespoons Mild Curry Powder
- 1 Cup Red Pepper (finely chopped)
- 1 Cup Yellow Pepper (finely chopped)
- 4 Cups Carrots (grated)
- 2 Tablespoons Tomato Purée
- 14½ Ounce Can Chopped Tomatoes
- 2 Sprigs Fresh Thyme Leaves
- 16 Ounce Can Baked Beans
- Salt and Pepper (to taste)

DIRECTIONS

1. Add the oil to a pan over medium heat. Then add onion and sauté until translucent and softened.
2. Add garlic, ginger and curry powder. Stir to combine.
3. Add peppers. Cook for 2 mins.
4. Add carrots. Stir to combine and coat in curry powder.
5. Add tomatoes and tomato paste. Stir to combine.
6. Cook mixture for 5-10 minutes. Mixture should be well combined and thickened slightly.
7. Add baked beans and fresh thyme. Simmer for 5 mins.
8. Remove from heat. Can be served hot or cold.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

10 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ½ Cup