

Baked bean bread cups



Serves:
approx. 40



Prep time:
15 minutes



Cooking time:
20 minutes



Source of vegetables



Source of grains



Source of iron



Ingredients

- 40 slices wholemeal bread
- Cooking spray
- 12 eggs
- 1.1kg baked beans (preferably salt-reduced)
- 20 tbsp light tasty cheese, grated
- Pepper to taste

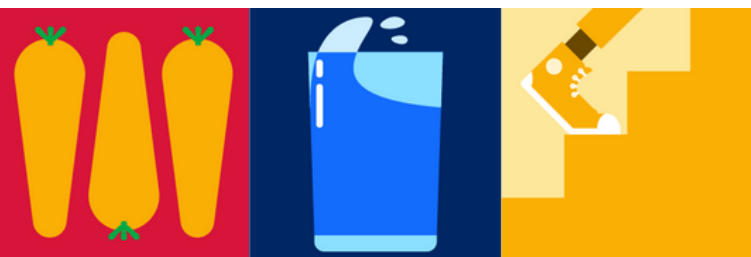
Method

1. Preheat oven to 200°C (fan forced).
2. Spray muffin tins with cooking spray.
3. Cut the crust off each piece of bread.
4. Flatten the bread slices with a rolling pin.
5. Press each slice of bread down into the muffin tray.
6. Whisk the eggs in a bowl.
7. Add baked beans, half the cheese and pepper to the eggs and combine.
8. Scoop the baked bean mixture into the bread cups.
9. Sprinkle the rest of the cheese on top of the cups.
10. Cook for 15-20 minutes. The cups are ready once the bean mix has set, and the bread is golden in colour.
11. Cool for 5 minutes before serving.

Helpful hints

- Instead of the baked bean mixture, you can mix egg, grated vegetables and cheese to make mini quiches.
- The crusts could be used to make bread sticks or croutons.

Illawarra Shoalhaven Local Health District, 2023.



Healthy Eating
Active Living

