

BBQ beans with eggs and bread



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	15ml	19ml	25ml
Onion, diced	145g	190g	250g
Carrots, diced	90g	115g	150g
Capsicum, diced	90g	115g	150g
Canned crushed tomatoes	295g	385g	500g
BBQ sauce	145g	190g	250g
Cannellini beans, canned	710g	920g	1200g
Eggs	6	8	10
Milk	60ml	75ml	100ml

Directions

1. Heat oil in a large pot over medium heat, add onion, carrot and capsicum.
2. Cook until vegetables are soft.
3. Add canned tomatoes and BBQ sauce and blend using a stick blender until smooth.
4. Return to heat and cook for 15 minutes.
5. Drain and rinse beans.
6. Add beans to sauce and continue to cook until beans are hot.
7. Beat eggs and milk and pour into another large pot.
8. Cook over medium heat, stirring often until eggs are cooked.
9. Serve as per instructions below.



BBQ beans with eggs and bread continued...

Special diet substitution ideas

Vegan:

- Ensure bread is vegan.
- Omit egg and milk and serve with scrambled tofu or extra beans.

Dairy (Cow's milk):

- Omit milk from egg.

Egg:

- Omit eggs and serve with 40g cheese per portion.

Soy:

- Use soy-free bread.
- Ensure BBQ sauce is soy-free.

Wheat/Gluten:

- Use wheat/gluten-free bread.
- Ensure BBQ sauce is wheat/gluten-free.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Bread	1 slice	2 slices	3 slices
Beans	123g	143g	186g
Egg	39g	45g	59g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	195	252	341
Vegetables (g)	60	69	90
Protein food (g)	78	69	90
Grain food and starchy vegetables (g)	32	64	96

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced	1kg
Watties carrots diced	5kg
SB capsicum red diced	1kg
Gilmours tomatoes crushed	2.5kg
Gilmours sauce bbq	6L
Pams cannellini beans in brine	400g
Gilmours eggs barn size 6	90 each
Pams Value milk standard	2L
Pams Value wheatmeal toast bread	600g

Allergens



gluten/wheat, dairy, egg, soy.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- If you don't have a stick blender, the vegetables can be blended in a food processor before cooking.