

Beans and Frankfurters serves 1/2

what you need

1 tin baked beans

1-3 cooked frankfurters/
sausages/ hot dogs

Optional ingredients:

cheddar cheese

what to do

To heat use either a microwave, stove or oven.

Using a stove or microwave:

Empty the can of beans into a pot or microwave-safe bowl.

Chop the cooked frankfurters into bite-size pieces then mix them into the beans.

Heat on the stove on medium heat until hot, about 5 minutes. Or cover the microwave-safe bowl and heat on full power in the microwave for 3 minutes. Check it's heated through, and if not continue heating for 30 seconds. Check, stir and repeat until the beans and sausages are hot.

Using an oven:

Preheat the oven to 150 degrees. Empty the beans into a baking/casserole dish.

Slit the frankfurters down the middle and position on the beans.

If you have cheese, add sliced or grated cheese into the sausage slits.

Place in oven and bake for 30 minutes, enjoy!

To serve more people add an extra tin of baked beans and more frankfurters into the same pot, bowl or dish. Cooking time will probably need to be increased, so do check that your food is hot before serving.

