

Bean and Vegetable Pie (serves 4)

- 1 tablespoon oil
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 1 green pepper, chopped
- 200g/4oz carrots, chopped (frozen or fresh)
- 200g/14oz tin baked beans
- 50g/9oz mushrooms, chopped
- 100g/4oz swede, chopped, boiled and mashed
- 100g/4oz potato, chopped, boiled and mashed
- 1 teaspoon dried mixed herbs

