**Baked Beans** serves 2

**Ingredients**1 Tblsp olive oil   
½ onion, finely chopped   
1 tsp crushed garlic   
400g can cannellini beans, rinsed, drained   
400g can diced tomatoes   
2 Tblsp molasses   
1 Tblsp brown sugar  
½ Tblsp Worcestershire sauce   
1 tsp Dijon mustard  
2 cloves  
¼ tsp salt  
¼ tsp pepper

**Method**

1. In a saucepan cook onion and garlic over a medium heat until the onion is tender.
2. Add beans, tomatoes, molasses, sugar, Worcestershire sauce, Dijon mustard and cloves, stir until well combined.
3. Season with salt and pepper. Bring to the boil. Cover and reduce heat to low.
4. Simmer, gently stirring every 10 minutes, taking care not to break up beans, until sauce is thick.