***Molasses Baked Beans on Sour Dough with Poached Eggs***

[Between 3 – Low Food Mile Recipe]

Ingredients

* 1 Tablespoon Molasses
* 1/2 Tablespoon Balsamic Vinegar
* 2 Tablespoons Brown Sugar
* 1 Tablespoon Tomato Paste
* 2 teaspoons crushed Garlic
* 1 Teaspoon Garlic Powder
* 1 Teaspoon Dried Thyme
* 2 Teaspoons Dried Oregano
* 1 Tablespoon Soy Sauce
* 200 g Tomato Passata
* ½ brown onion, finely chopped
* 2 (400g) Cans Cannellini Beans, drained and rinsed
* 2 Tablespoons Olive Oil
* 3 eggs
* 1 Tablespoon white vinegar
* 3 slices thick sourdough bread

Instructions

* Heat the olive oil in a deep pan over a low-medium heat and toss in the onion and garlic. Fry gently for 5 minutes or until your onions are soft and see-through.
* Add the thyme and garlic powder, fry for a few minutes more. Increase the heat of the pan and tip in your beans, molasses, balsamic vinegar, sugar, tomato paste and soy sauce. Stir to coat your beans in the tomato mixture. The pour in the passata, cover and simmer for 10 minutes. After 10 minutes your sauce should be thick and dark, if the sauce is too thick you can add a little water to loosen.
* Pour water into a small saucepan pan to a depth of about 8cm, add 1 Tablespoon white vinegar and bring back to the boil then reduce to a simmer. Crack each egg into a cup, then gently tip close to the water and slide the egg in. Repeat the process until all 3 eggs are in the water. Simmer for 3 minutes from the time the last egg went into the water. Turn off the heat and carefully remove the poached egg with a slotted spoon and place on a plate that is lined with paper towel to remove excess water. Cover with alfoil to keep warm.
* Cook the sourdough toast to your liking, top with beans and your poached egg. Enjoy.

