



Kidney Bean Loaf



Ingredients

1 medium onion, chopped fine

2 Tbsp. oil

2 cups kidney beans, cooked

1 cup soft bread crumbs

2 eggs, well beaten

2 cups grated cheese

1 Tbsp. tomato ketchup.

SERVES 6 people

Method

BROWN onion in the oil

MASH beans and mix ingredients in order. Bake at 175C for 35-40 mins

