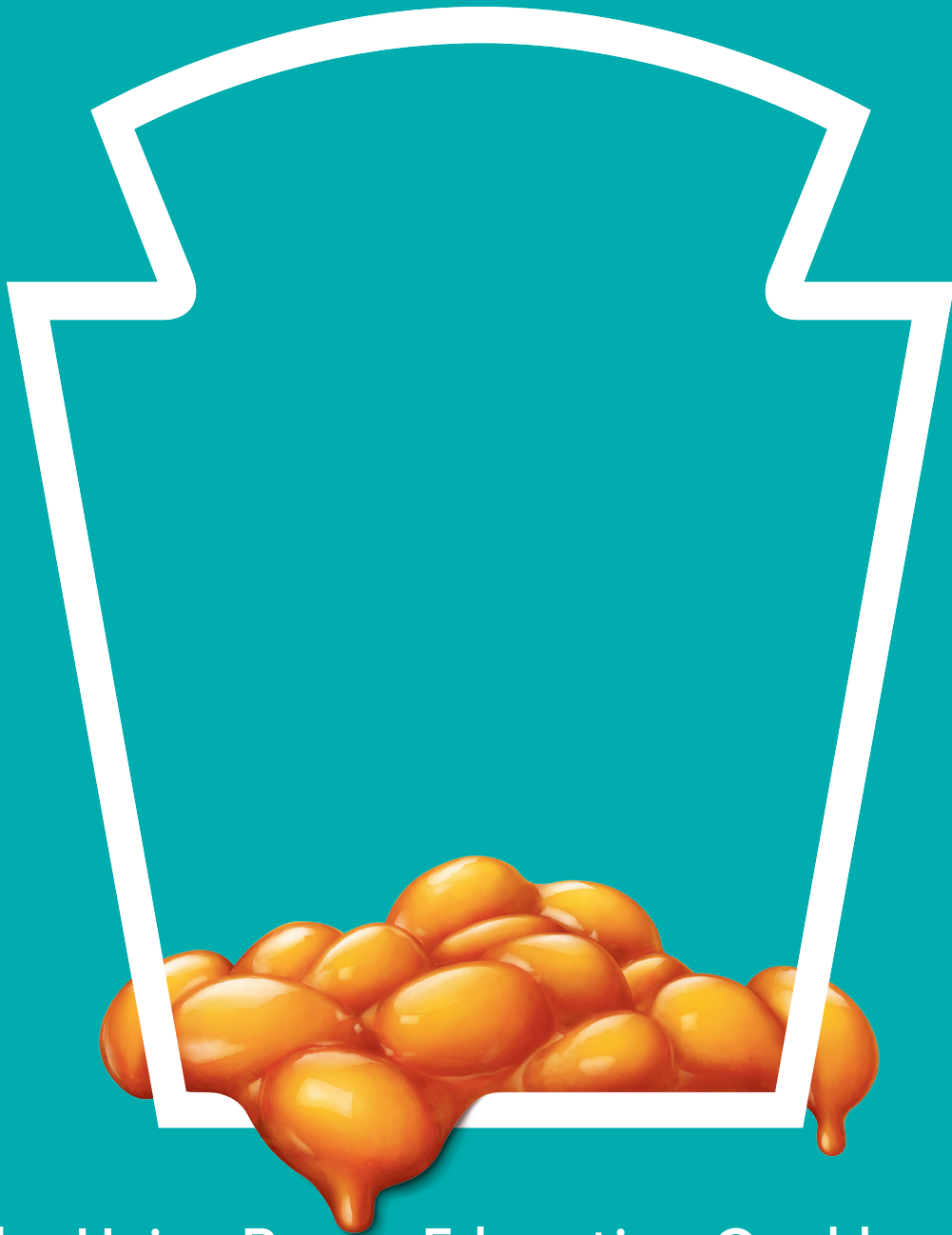


# HEINZ

ESTD 1869

## FULL OF BEANZ



The Heinz Banz Education Cookbook  
With No Added Sugar!

# Keeping kids FULL OF BEANZ!



It's not just about what pupils learn at school or college - it's how they stay nourished throughout the day.

For children and young people, obesity is a widespread problem, so it's more important than ever to improve their futures through health and nutrition.



28%

of children aged 2 to 15 are **OVERWEIGHT OR OBESE**<sup>1</sup>



British teenagers aged 15 to 19 have **THE HIGHEST RATES OF OBESITY IN EUROPE**.<sup>2</sup>



## ..... IT'S TIME TO CHANGE THIS .....

By 2030, Public Health England plans to halve childhood obesity.

How?

### THE CHILDHOOD OBESITY PLAN



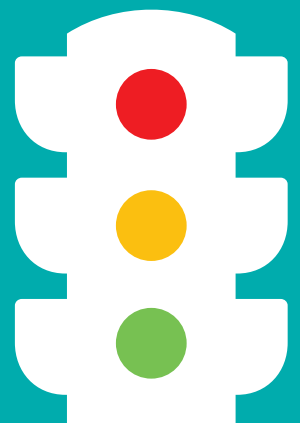
**20% SUGAR REDUCTION**  
in foods most commonly eaten by children by 2020



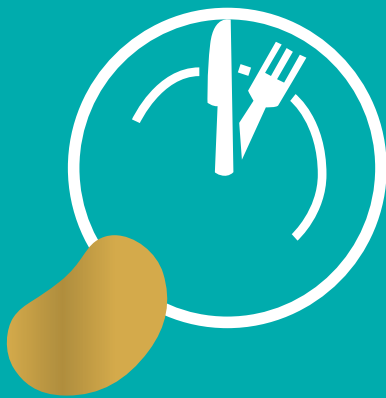
**20% CALORIE REDUCTION** by 2024

The **Food Standards Agency's Nutrient Profiling Model** identifies, penalises and actively reduces children's exposure to foods deemed HFSS (high in fat, salt or sugar). These HFSS foods should be kept to a minimum in schools.

The simple traffic light labeling system allows cooks to see at-a-glance which foods and recipes are considered by the NSA to be low (green), medium (amber) or high (red) in these nutrient levels.



This brand new, school-compliant recipe book is full of beans (literally) and set to help you sail through traffic-light systems with nutritious, versatile and flavour-packed meals using one of the nation's favourite ingredients.



after learning<sup>3</sup> of their nutritional benefits, **57% OF PARENTS SAID THEY WOULD LIKE TO SEE HEINZ NO ADDED SUGAR BEANZ ON SCHOOL MENUS MORE**



Up to 22% fewer calories, 60% less fat, 55% less sugar and 19% less salt than other reduced salt and sugar beans



High in protein & fibre, low fat, no artificial sweeteners



The first no added sugar beans on the market



1 of your 5 a day



Vegan

With home economist and education consultant Kate Snow, we've created 10 nutritious, school-compliant recipes to inspire your menus and keep students full of beans.

Kate has worked in the foodservice industry for over 20 years and has a wealth of experience working within the education sector. These deliciously versatile dishes allow you to switch between **vegetarian, vegan and meat** inclusions, so you can easily cater to different diets. With Heinz, you're on the right track to hit nutrition targets.



**KATE SNOW**

Contact [education@kraftheinz.com](mailto:education@kraftheinz.com) to learn more about how Heinz can help your school or college reach its nutritional goals and grow a brighter future for students.

<sup>1</sup> Health Survey for England 2018, NHS

<sup>2</sup> International comparisons of health and wellbeing in adolescence and early adulthood, Nuffield Trust, 2019

<sup>3</sup> OnePoll survey of 1000 UK parents and their children, Feb 2020

# HEINZ BEANZ ALL DAY BREAKFAST POT



A delicious breakfast hash with paprika roasted potatoes, sausages, roasted red peppers, and Heinz No Added Sugar Beanz in a rich tomato sauce.



**MAKES 10 POTS FOR SECONDARY SCHOOL PUPILS**

**1 OF THEIR 5 A DAY\***



**A GREAT MID-MORNING SNACK**



**LOW IN FAT, SATURATED FAT AND SUGAR AND A SOURCE OF FIBRE**



**MAKE IT VEGAN BY REMOVING THE VEGGIE SAUSAGES, INCREASING THE HEINZ BEANZ BY 300G AND ADDING 200G OF COOKED MUSHROOMS**

## .... INGREDIENTS ....

**1kg Heinz No Added Sugar Beanz**

**500g potatoes, peeled and cut into 2cm dice**

**2 tbsp vegetable oil**

**1 tsp smoked paprika**

**10 vegetarian sausages**

**200g red pepper, diced**

**4 tbsp brown sauce**

### GARNISH

**Chopped parsley**

## METHOD

1. Preheat the oven to 180°C.
2. Place the potatoes onto a baking tray and toss with 1 tbsp of the oil and smoked paprika. Roast for 20 - 25 minutes or until the potatoes are crispy and golden brown.
3. Halfway through the cooking time place the vegetarian sausages onto a baking tray with the diced peppers and brush with remaining oil. Cook for 12-15 minutes or until the vegetarian sausages reach core temperature and the peppers are soft. Remove from the oven and slice the vegetarian sausages into 5 pieces.
4. Meanwhile in a large pan gently heat the Heinz Beanz and stir in the brown sauce.
5. Once cooked add the potatoes, sliced vegetarian sausages and peppers to the pan and stir gently to combine and heat through.
6. To serve, divide the bean mixture between 10 take away tubs and garnish with a little chopped parsley.



**TIP: For extra speed use frozen diced potatoes.**



**TIP: As an alternative, top each pot with a poached egg.**

## NUTRITIONAL INFORMATION

Per portion (231g)



SERVES  
**10**

ENERGY  
845kJ  
201kcal  
10%

FAT  
4.5g  
**LOW**  
6%

SATURATES  
0.5g  
**LOW**  
3%

SUGAR  
4.9g  
**LOW**  
5%

SALT  
0.99g  
**MED**  
17%



**83% LESS SATURATED FAT THAN A MEAT VERSION MADE USING SAUSAGES**



**HEINZ**  
ESTD 1869

\*Based on 60g portion of fruit or veg per person

# BEANZ, EGG AND CHEESE BREAKFAST BURRITOS



A satisfying warm tortilla filled with Heinz No Added Sugar Beans, soft scrambled eggs and melting cheese. A great way to start the day!



**MAKES 10 PORTIONS FOR SECONDARY SCHOOL PUPILS**



**A SATISFYING MEAT-FREE BREAKFAST**



**SUITABLE FOR VEGETARIANS**



**THIS RECIPE IS LOW IN SUGAR**



**CAN BE MADE IN ADVANCE AND KEPT WARM IN THE HOT CUPBOARD**

## ....INGREDIENTS....

**600g Heinz No Added Sugar Beans**

**2tbsp HP Sauce**

**10 flour tortillas**

**25g butter**

**15 eggs, beaten**

**Seasoning**

**200g cheese, grated**

## METHOD

1. Stir the HP Sauce into the Heinz Beans and heat gently.
2. Place the tortillas in the warming cupboard.
3. Melt the butter in a large shallow pan. Add the beaten eggs and cook on a gentle heat, stirring constantly until the eggs are soft, scrambled and just cooked. Season. Remove from the heat and keep warm.

If preferred, use a mini frozen omelette instead of making scrambled eggs. For an egg-free recipe, switch eggs for a hash brown.

4. To assemble the tortillas, divide the Beans, eggs and cheese between the tortillas and fold up by pulling both ends in towards the middle and roll the burrito end to end, ensuring the sides are tucked in whilst rolling to prevent the filling from falling out.
5. Wrap in deli paper and serve warm as a 'grab and go' breakfast.

## NUTRITIONAL INFORMATION

Per portion (225g)



SERVES  
**10**

ENERGY  
1778kJ  
424kcal  
21%

FAT  
20g  
**MED**  
28%

SATURATES  
9.2g  
**HIGH**  
46%

SUGAR  
3.0g  
**LOW**  
3%

SALT  
2.0g  
**HIGH**  
33%

# SPICY BEANZ POT WITH SWEET POTATO SOLDIERS



A healthy meat-free snack swapping out minced beef for Banz - with all the flavour of a chilli. Perfect for mid-morning break or lunchtime.

2 OF THEIR  
5 A DAY\*



**MAKES 10 POTS FOR  
SECONDARY SCHOOL PUPILS**



**QUICK AND EASY TO MAKE  
IN LARGE QUANTITIES**



**A GOOD SOURCE OF FIBRE**



**LOW IN SUGAR, FAT AND SATURATED FAT**



**MAKE IT VEGAN BY REMOVING THE CHEESE OR  
REPLACING WITH VEGAN CHEESE**

Why not create your own 'Chilli Bar' and let pupils choose their own toppings such as cheese, spring onions, salsa, jalapeños, or crushed nachos?

## .... INGREDIENTS ....

1kg Heinz No Added Sugar Banz

800g sweet potatoes peeled  
and cut into 5cm wedges

2tbsp vegetable oil

2tsp smoked paprika

300g onion, diced

2 tsp chilli powder

1 tsp each of ground cumin  
and ground coriander

400g tinned kidney beans, drained

2 tbsp vegetables oil

50g grated cheese - optional

50g spring onions,  
sliced diagonally

## METHOD

1. Preheat the oven to 200°C.
2. Toss the sweet potato wedges in 1tbsp of the oil and place onto a baking tray. Sprinkle with the smoked paprika and roast in the oven for 25-30 minutes until golden brown.
3. In a large pan, heat the oil and fry the onion for 3-4 minutes until beginning to soften.
4. Stir in the spices and cook for a further minute.
5. Add the Heinz Banz and kidney beans and heat gently.



**TIP: Add sweetcorn for extra colour and crunch!**

6. Divide the spiced beans between the pots, add 3 sweet potato wedges to each pot.
7. Sprinkle with grated cheese (optional) and spring onions.

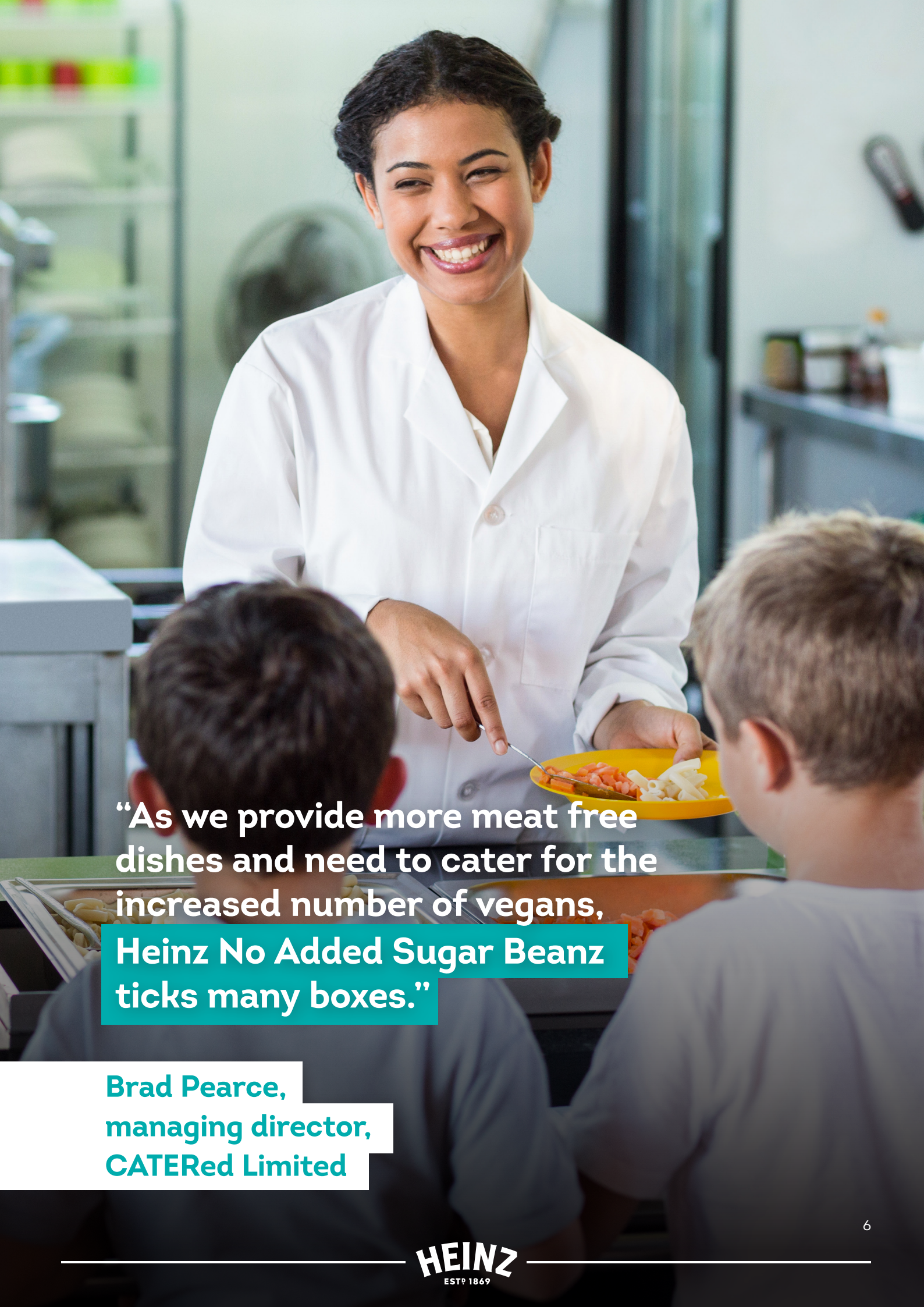
## NUTRITIONAL INFORMATION

Per portion (254g)

| SERVES<br><b>10</b> | ENERGY                  | FAT                       | SATURATES                | SUGAR                    | SALT                      |
|---------------------|-------------------------|---------------------------|--------------------------|--------------------------|---------------------------|
|                     | 998kJ<br>238kcal<br>12% | 7.5g<br><b>LOW</b><br>11% | 1.5g<br><b>LOW</b><br>8% | 8.2g<br><b>LOW</b><br>9% | 1.4g<br><b>MED</b><br>23% |

**1/3 LESS SALT AND ALMOST 80% LESS SATURATED FAT THAN A MEAT VERSION!**

<sup>1</sup>Using 20% fat minced beef



**“As we provide more meat free dishes and need to cater for the increased number of vegans, Heinz No Added Sugar Banz ticks many boxes.”**

**Brad Pearce,  
managing director,  
CATERed Limited**

# SWEET CHILLI CHICKEN AND BEANZ QUESADILLAS



A delicious hand held snack, ideal for mid-morning break or lunchtime.



**MAKES 10 PORTIONS IDEAL FOR SECONDARY SCHOOL PUPILS**



**LOW IN FAT, SATURATED FAT AND SUGARS**



**CAN BE MADE IN ADVANCE AND KEPT WARM IN THE HOT CUPBOARD**



**TO MAKE THIS RECIPE VEGAN SIMPLY REMOVE THE CHICKEN, INCREASE THE HEINZ BEANZ BY 300G AND ADD 200G GRATED VEGAN CHEESE**



## .... INGREDIENTS ....

**300g Heinz No Added Sugar Banz**

**1tbsp vegetable oil**

**250g red onions, sliced**

**400g mixed red and yellow peppers, sliced**

**50ml Heinz Sweet Chilli Sauce**

**500g cooked shredded chicken**

**10 flour tortillas**

## METHOD

1. Heat the oil in a pan and fry the onions and peppers for 7-8 minutes until soft and starting to caramelise.
2. Add the Heinz Sweet Chilli Sauce, cooked chicken and Banz to the pan and heat through until core temperature is reached.
3. Heat a large frying pan (the same size as the tortilla) and lay a tortilla in the pan. Place 1/10 of the Banz and chicken mixture over half of the tortilla.
4. Fold over the unfilled side of tortilla to cover the chicken and Banz mixture to make a half circle. Fry on both sides until the tortilla is crispy and golden brown. Repeat with remaining tortillas.
5. Serve wrapped in deli paper.

## NUTRITIONAL INFORMATION

Per portion (215g)  
(177g)



SERVES  
**10**

WITHOUT CHICKEN OR VEGAN CHEESE

| ENERGY                   | FAT                      | SATURATES                 | SUGAR                    | SALT                      |
|--------------------------|--------------------------|---------------------------|--------------------------|---------------------------|
| 1328kJ<br>314kcal<br>16% | 6.1g<br><b>LOW</b><br>9% | 2.0g<br><b>LOW</b><br>10% | 7.6g<br><b>LOW</b><br>8% | 1.4g<br><b>MED</b><br>24% |
| 1075kJ<br>255kcal<br>13% | 5.0g<br><b>LOW</b><br>7% | 1.7g<br><b>LOW</b><br>9%  | 8.4g<br><b>LOW</b><br>9% | 1.5g<br><b>MED</b><br>25% |



# MEXICAN BEANZ TORTILLA LASAGNE



A lasagna with a twist, the comforting cheese sauce elevated with mild chilli beans. A warming, flavour-packed meal.



**SERVES 12 PRIMARY SCHOOL PORTIONS, OR 10 SECONDARY SCHOOL PORTIONS**



**LOW IN SUGAR**



**SUITABLE FOR VEGETARIANS**



**DELICIOUS SERVED WITH SALAD AND POTATO WEDGES**

**1 OF THEIR 5 A DAY\***

## ..... INGREDIENTS .....

**800g Heinz No Added Sugar Beanz**

**1tbsp vegetable oil**

**300g onion, finely chopped**

**5g garlic, crushed**

**1tsp each of chilli powder, ground cumin and ground coriander**

**30g jarred green jalapeño peppers, drained and chopped**

**400g tinned sweetcorn drained**

**300g tinned kidney beans**

**50g spring onions, chopped**

### CHEESE SAUCE

**75g butter**

**75g plain flour**

**600ml milk, warmed**

**80g grated cheddar cheese**

### SEASONING

**4 flour tortillas**

### GARNISH

**Chopped coriander**

## METHOD

1. Preheat oven to 180°C.
2. Heat the oil in a large pan and sauté the onion for 3 minutes until starting to soften. Add the garlic and the spices and fry for a further minute, stirring constantly.
3. Stir in the beans, jalapeños, sweetcorn and spring onions and cook gently for 5 minutes to heat through.
4. For the cheese sauce, melt the butter in a pan then beat in the flour and cook for 30 seconds, stirring. Gradually whisk in the milk, stirring all the time until the sauce thickens. Add 30g of the grated cheese and season.
5. To assemble the lasagne, place a third of the bean mixture in the base of the dish, followed by a layer of tortillas, cut to fit the tin, top with a thin layer of cheese sauce then repeat the layers, finishing with a layer of cheese sauce.
6. Sprinkle the remaining cheese over the top and bake in the oven for 25-30 minutes or until golden brown and core temperature is reached.

## NUTRITIONAL INFORMATION

Per portion (197g)



SERVES

**10**

ENERGY

1318kJ  
314kcal  
16%

FAT

11g  
**MED**  
16%

SATURATES

5.6g  
**MED**  
28%

SUGAR

8.2g  
**LOW**  
9%

SALT

1.2g  
**MED**  
19%

**35% LESS FAT OF A MEAT VERSION USING 20% FAT MINCED BEEF**



# HEINZ BEANZ TACOS



Lightly spiced Beans topped with crunchy lettuce and cheese in a crispy taco shell. Ideal as a snack for mid-morning break.



**MAKES 10 PORTIONS**  
**IDEAL FOR SECONDARY PUPILS**



**A SOURCE OF FIBRE**  
**AND LOW IN SUGAR**



**SUITABLE FOR VEGETARIANS OR VEGANS IF THE**  
**CHEESE IS REMOVED**



**AS AN ALTERNATIVE TO THE TACO SHELLS, USE THE**  
**FILLING FOR SOFT FLOUR TORTILLAS/WRAPPS**

## .... INGREDIENTS ....

200g Heinz No Added Sugar Beans

1tbsp vegetable oil

150g onion, finely chopped

100g red pepper, finely diced

1tsp each of smoked paprika, chilli powder, ground cumin and ground coriander

30g jarred green jalapeños, chopped

10 taco shells

150g iceberg lettuce, shredded

50g cheese, grated

## METHOD

1. Heat the oil in a pan and gently sauté the onion and pepper for 5 minutes until soft.
2. Stir in the spices and cook for another minute. Add the jalapeños and Heinz Beans and heat through gently, stirring for 5 more minutes.
3. Warm the taco shells in the oven for 2 minutes.
4. Divide the lettuce between the tacos, fill with the chilli Beans and top with grated cheese.

## NUTRITIONAL INFORMATION

Per portion (88g)



SERVES  
**10**

ENERGY  
478kJ  
114kcal  
6%

FAT  
5.9g  
**MED**  
8%

SATURATES  
2.1g  
**MED**  
10%

SUGAR  
2.4g  
**LOW**  
3%

SALT  
0.43g  
**MED**  
7%

**22% FEWER CALORIES THAN A MEAT VERSION USING<sup>1</sup>**

<sup>1</sup>Using 20% fat minced beef



# BEANZ AND SWEET POTATO KORMA CURRY



A delicious, creamy curry. Its mild heat and familiar vegetables particularly appeals to young children.



**SERVES 10 PRIMARY SCHOOL PORTIONS**



**LOW IN FAT, SATURATED FAT AND SUGAR AND A SOURCE OF FIBRE**



**SUITABLE FOR VEGETARIAN AND VEGAN DIETS**



**A HEALTHY KORMA THAT CONTAINS NO CREAM OR COCONUT MILK**

**1 OF THEIR 5 A DAY\***

## .... INGREDIENTS ....

800g Heinz No Added Sugar Beanz

1 tbsp vegetable oil

250g onion, chopped

10g garlic, crushed

2tbsp korma paste

250g sweet potato, peeled and cut into 1cm dices

100g broccoli, cut into bite-sized florets

### TO SERVE

Rice and naan bread

Coriander for garnish

## METHOD

1. Heat the oil in a pan and fry the onion for 3-4 minutes. Add the garlic.
2. Add the korma paste and cook for a further 2 minutes, stirring.
3. Add the Beanz and gently heat through, stirring occasionally.
4. Meanwhile steam the sweet potato broccoli until just tender. When cooked add to the curry. Stir to combine.



**TIP:** Try adding other vegetables such as butternut squash, red peppers or carrots.

5. Serve the curry with rice and mini naan bread. Garnish with chopped coriander.

## NUTRITIONAL INFORMATION

SERVES **10**

**CURRY ALONE**  
Per portion (122g)




**CURRY WITH RICE**  
Per portion (172g)

|  | ENERGY                   | FAT                      | SATURATES                | SUGAR                    | SALT                      |
|--|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|
| <b>CURRY ALONE</b><br>Per portion (122g)     | 359kJ<br>86kcal<br>4%    | 2.1g<br><b>LOW</b><br>3% | 0.3g<br><b>LOW</b><br>2% | 3.6g<br><b>LOW</b><br>4% | 0.56g<br><b>MED</b><br>9% |
| <b>CURRY WITH RICE</b><br>Per portion (172g) | 1107kJ<br>261kcal<br>13% | 2.4g<br><b>LOW</b><br>3% | 0.4g<br><b>LOW</b><br>2% | 3.6g<br><b>LOW</b><br>4% | 0.57g<br><b>MED</b><br>9% |

**HEINZ**  
ESTD 1869

\*Based on 60g portion of fruit or veg per person



“Our comparisons show a 53% reduction in sugar content and a 47% reduction in salt content on our menus by using Heinz No Added Sugar Baked Beans. When we performed a blind taste test, the Heinz Baked Beans came out on top.”

**Simon Dato and David Mackness,  
Luton Catering Service**

# HEINZ BEANZ CHEESY STUFFED CRUST PIZZA



A delicious crisp pizza, ideal for mid-morning break in secondary schools. It can also be made in a rectangular Grundy tin, making it suitable for primary schools.



**MAKES 1 X 12" PIZZA**



**LOW IN SUGAR**



**SUITABLE FOR VEGETARIANS**



## .... INGREDIENTS ....

**200g Heinz No Added Sugar Banz**

**300g pizza dough mix, plus flour for dusting**

**150g mozzarella and grated cheddar cheese mix**

**100g tinned sweetcorn, drained**

### GARNISH

**1tbsp chopped parsley**

## METHOD

1. Preheat oven to 200°C and grease a 12" round pizza tray.
2. Make up the pizza dough as directed on the pack instructions.
3. Roll out the dough on a lightly floured surface to a 13" (33cm) circle and place on the greased tray.
4. To make the stuffed crust, using 100g of cheese, create a ring of cheese around the outside edge of the pizza base, leaving a ½ cm gap between the edge. Brush a little water inside the cheese ring then fold over the outside edge to enclose the cheese. Press firmly to seal.
5. Top the base with Heinz Banz, sprinkle with the sweetcorn and remaining cheeses.



**TIP:** For extra veg and crunch, add other toppings such as sliced mushrooms or diced red pepper.

6. Bake for 20-25 minutes until the base is cooked and the cheese is bubbling.
7. Leave to stand for a few minutes before cutting into slices.

## NUTRITIONAL INFORMATION

Per portion (126g)



SERVES  
**6**

ENERGY  
1043kJ  
250kcal  
12%

FAT  
8.8g  
**MED**  
13%

SATURATES  
5.1g  
**MED**  
25%

SUGAR  
3.2g  
**LOW**  
4%

SALT  
0.64g  
**MED**  
11%

# BBQ SAUSAGE BEANZ CASSEROLE



A hearty warming casserole, full of flavour and served with a comforting, soft, herby dumpling. An ideal winter warmer.

1 OF THEIR  
5 A DAY\*



**SERVES 10 PRIMARY SCHOOL PORTIONS**



**LOW IN SUGAR**



**SWAP THE SAUSAGES FOR VEGAN ONES TO MAKE THIS VEGAN FRIENDLY**



**A QUICK AND EASY DISH TO MAKE IN LARGE QUANTITIES**



**DELICIOUS SERVED WITH BROCCOLI OR PEAS AND CARROTS**

## .... INGREDIENTS ....

800g Heinz No Added Sugar Banz

1tbsp vegetable oil

200g onions, diced

100g celery, diced

5g garlic, crushed

20 mini chipolata sausages

2tsp smoked paprika

150g yellow pepper, chopped  
2tbsp BBQ sauce

### DUMPLINGS

200g plain flour

100g vegetable suet

2tsp dried mixed herbs

Seasoning

## METHOD



1. Preheat oven to 190°C.
2. Heat the oil in a casserole dish and brown the sausages on all sides. Remove and set aside.
3. Fry the onion and celery in the casserole for 3 minutes, until beginning to soften. Stir in the garlic, paprika and yellow pepper and cook for a further minute.
4. Add the Heinz Banz, BBQ sauce and sausages back in the pan and bring to a simmer. Transfer to the oven and cook for 15 minutes.
5. To make the dumplings; in a bowl combine the flour, suet, herbs and seasoning and bring together to form a soft dough with approximately 150ml of cold water. Add the water gradually as it may take a little less.
6. Form the dumplings into 10 balls. Remove the lid from the casserole and place the dumplings on top. Cook, uncovered for 15-20 minutes. The dumplings are cooked when a knife comes out clean.

## NUTRITIONAL INFORMATION

Per portion (217g)



USING MEAT SAUSAGES

SERVES  
**10**

ENERGY  
1088kJ  
259kcal  
13%

FAT  
20g  
**MED**  
28%

SATURATES  
7.6g  
**HIGH**  
38%

SUGAR  
5.7g  
**LOW**  
6%

SALT  
0.96g  
**MED**  
16%

# BEANZ COTTAGE PIE WITH SWEET POTATO MASH



A traditional favourite with a twist. A hot, filling lunch to keep them full of beanz.



**SERVES 12 PRIMARY SCHOOL OR 10 SECONDARY SCHOOL PORTIONS**



**LOW IN FAT, SATURATED FAT, SUGAR AND SALT**



**DELICIOUS SERVED WITH BROCCOLI OR GREEN BEANS**

**2 OF THEIR 5 A DAY\***

## .... INGREDIENTS ....

800g Heinz No Added Sugar Beanz  
 1.2kg potato, peeled and diced  
 1.2kg sweet potato, peeled and diced  
 30g butter or olive oil  
 Seasoning  
 1tbsp vegetable oil  
 350g onion, finely chopped  
 400g carrots, finely chopped  
 200g celery, finely chopped  
 2tbsp vegetarian Worcester sauce  
 1tbsp dried thyme  
 200g peas

## METHOD

1. Steam or boil the potatoes and sweet potatoes until cooked. Note, the sweet potatoes will take less time than the potatoes. Drain, then mash with butter and seasoning until smooth. Allow to cool. If making vegan, mash with olive oil.
2. Heat the oil in a large pan and sweat the onion, carrots and celery for 10 minutes, stirring regularly. Alternatively, cook in the steamer.
3. Stir in the Heinz Beanz, vegetarian Worcester sauce, thyme, seasoning and heat gently for a further 10 minutes.
4. Add the peas then transfer to a tin and allow to cool slightly before piping over the sweet potato mash.

For an alternative topping, try using a mixture of swede, carrots and parsnips.

5. Cook for 20-25 minutes in a pre-heated oven at 200°C until bubbling and core temperature is reached.

## NUTRITIONAL INFORMATION

Per portion (409g)



SERVES **10**

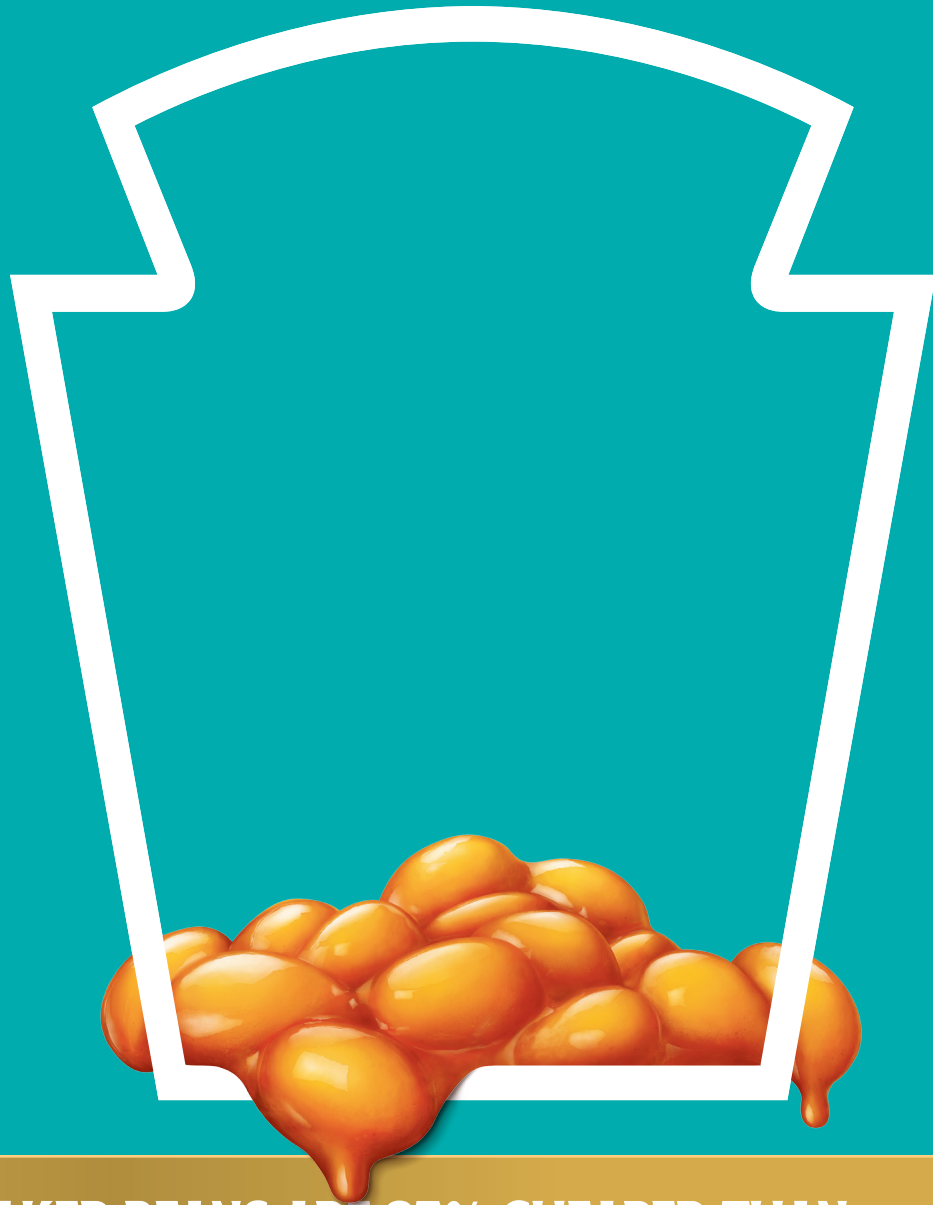
| ENERGY                   | FAT                      | SATURATES                 | SUGAR                      | SALT                       |
|--------------------------|--------------------------|---------------------------|----------------------------|----------------------------|
| 1394kJ<br>329kcal<br>16% | 5.7g<br><b>LOW</b><br>8% | 2.0g<br><b>LOW</b><br>10% | 14.0g<br><b>LOW</b><br>15% | 0.62g<br><b>LOW</b><br>10% |

**THIS RECIPE CONTAINS A THIRD LESS FAT THAN A MEAT ALTERNATIVE USING BEEF MINCE<sup>1</sup>**

<sup>1</sup>Using 20% fat minced beef

Contact [education@kraftheinz.com](mailto:education@kraftheinz.com), [Jennie.Sherington@kraftheinz.com](mailto:Jennie.Sherington@kraftheinz.com) to hear how Heinz No Added Sugar Banz can help your school or college create nutritious, flavour-packed meals to keep pupils full of beans.  
[www.heinzfoodservice.co.uk](http://www.heinzfoodservice.co.uk) - @kraftheinz\_fsuk

---



**HEINZ BAKED BEANS ARE 87% CHEAPER THAN MEAT. THIS MEANS AN AVERAGE SCHOOL WOULD SAVE £5,500 PER YEAR IF THEY SWITCHED 1 MEAL A WEEK FROM MEAT TO HEINZ BEANZ!**