



Billy can breakfast beans

Recipe card

Equipment

- Billy can
- Knife
- Stirring spoon
- Teaspoon
- Chopping board
- Tin opener
- Oven glove, mitt, or cloth
- A spoon and bowl for each person

Ingredients

Serves four to six people

- Two tins of baked beans
- One tin of chopped tomatoes
- Four heaped tablespoons of diced vegetables (for example, onion, carrots, tinned sweetcorn, peas, mushrooms, or peppers)
- Two teaspoons of seasoning (for example, salt, pepper, garlic powder, paprika, or mixed herbs)
- Pre-cooked sausages or vegetarian sausages (optional)

Step one: vegetables

- Cut the vegetables into small cubes (dice them).
- Measure out one or two handfuls of vegetables with a clean hand.
- Put the measured vegetables on the side of the chopping board.

Step two: billy can

- Pour a thin layer of oil into the bottom of the billy can.
- Add all of the diced vegetables.
- Carefully put the billy can on top of the white coals.
- Let the vegetables fry for two to three minutes. Use a spoon to stir them so none burn.

Step three: add the rest

- Remove the billy can from the fire with an oven glove.
- Mix in the rest of the ingredients.
- Return the billy can to the fire with an oven glove.
- Cook for five minutes, stirring so nothing sticks to the bottom.
- Move the billy can nearer the middle or edge of the fire if you need to change the temperature – don't forget the oven gloves.

Step four: serve and enjoy

- Once it's cooked, divide between everyone's bowls.
- Enjoy your meal!
- Extinguish the fire and clean up.