Egg and Baked Bean Supper Toast

Two toast plates, each with baked beans and two firm eggs · Active 15 min · Total 30 min

Skills: Coordinating gentle canned-bean heating with firm scrambled eggs and fresh toast

Ingredients

- 1 can ready-cooked baked beans in sauce, about 14 1/2–15 oz/410–425 g
- 4 large eggs
- 2 teaspoons neutral oil (10 ml)
- 1/4 teaspoon black pepper (0.5 g)
- 4 slices bread (about 5 1/2 oz/160 g)

Set out

Small saucepan, Nonstick skillet and broad spatula, Mixing bowl and fork, Toaster, Food thermometer

Allergens

egg, wheat. Check labels and substitutions.

Make it

1. Put the beans with all their sauce in the saucepan. Heat over medium-low heat for 6–8 minutes, stirring often, until piping hot. Reduce heat if sauce catches.

2. Beat eggs and pepper in the bowl. Warm oil in the skillet over medium-low heat, add eggs and stir gently for 4–6 minutes until set with no fluid egg remaining and at least 160°F/71°C in the center of the curds.

3. Toast bread dry while eggs finish. Put two slices on each plate, add half the beans and half the cooked eggs, and serve promptly. Keep raw-egg utensils away from finished toast.

A five-ingredient base

The cooking oil is measured, and the bread is part of the meal. No butter or extra sauce purchase is assumed.

Ingredient labels

Eggs supply egg and ordinary bread supplies wheat. Canned baked beans may contain mustard, soy, wheat or meat, and bread may include milk or sesame; check actual labels.

A useful detail

Beans and eggs cook at the same time in separate pans. The 30-minute total includes preparation and the final toast timing.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Store beans and eggs separately from bread. Cooked eggs become firmer when reheated, so making just two plates is preferable when possible. Do not freeze the assembled toast plates.