

# Baked Potato with GF Baked Beans and Tasty Cheese

## Ingredients

- Four medium sized potatoes
- 2 Tbsp. olive oil
- 1 white onion - diced
- 1 red capsicum - diced
- 800g (2 tins) gluten free baked beans – check labels
- Tasty cheese - grated



## Method

1. Preheat oven to 220C.
2. Prick potatoes with a fork then microwave on high for three minutes.
3. Turn potatoes over and microwave for another three minutes.
4. Transfer to a baking tray, brush with oil then season with salt and pepper.
5. Bake in oven for 20 minutes at 220C.
6. Cook potato in oven for 20 minutes. Remove from oven and cool slightly before cutting open.
7. While the potatoes are cooking, dice onion and capsicum then sauté in second tablespoon of oil.
8. Add baked beans and continue to cook until heated through.
9. Pour baked beans over the top of the baked potatoes. Sprinkle with tasty cheese.