

BEAN CHILLI

A SIMPLE BUT YUMMY VEGETARIAN ALTERNATIVE TO CHILLI CON CARNE - SERVES 4

Bean Chilli

What you need:

- > large (420g) tin kidney beans (drained)
- > small tin butter beans (drained)
- > small tin chickpeas (drained)
- > large tin baked beans (drained)
- > 2 cloves garlic, crushed
- > 1 onion
- > 1 red pepper chopped
- > 1 green pepper chopped
- > 1 tbsp oil
- > 1 tbsp chilli powder
- > (optional) 1 tsp ground allspice, 1 tsp ground cumin
1 tsp ground coriander

For the salsa (optional):

- > onion chopped
- > cucumber chopped
- > tomatoes chopped
- > lemon/lime juice (optional)
- > avocado chopped (optional)

What to do:

1. Heat the oil in a saucepan and fry the onion, peppers and garlic for 5 mins.
2. Add all the beans and spices to the mixture and simmer over a low temperature for 15 mins or so. The mixture should thicken but if it sticks to the pan, add a little water.
3. Mix salsa ingredients.

Serve with tortilla wraps and grated cheese or with pitta bread and boiled rice.

shop at the end of the day - you will often find fresh foods like bread, meat & veg are reduced in price. Keep your eyes peeled!



Hot Tip
No.4