



SUPER BEAN CHILLI

A quick easy, store-cupboard dinner packed with protein

 4 servings

 5 mins prep

30 minutes cooking



INGREDIENTS

- 1½ tbsp cooking oil
- 1 onion sliced or diced
- 2 peppers sliced or diced
- 2 garlic cloves crushed
- 400g can chopped tomatoes
- 400g can black beans or mixed beans drained
- 400g can kidney beans drained
- 1 small can sweetcorn or cup of frozen sweetcorn

EITHER:

- 1 tbsp ground cumin, 1 tbsp ground coriander and 2 tsp hot smoked paprika

OR

- 2 tbsp of Fajita spice mix

DIRECTIONS

1. Dice or slice the onion and peppers - which ever you prefer.
2. Heat the oil in a saucepan over a medium heat and fry the onion and peppers for 10 mins over a medium heat until the onion is golden brown and both have softened.
3. Add the crushed garlic and separate spices or the all-in-one Fajita spice seasoning mix, and fry for 1 min.
4. Pour in the tomatoes, both cans of beans. and the sweetcorn. Then quarter fill the empty tomato can with cold water and add to the saucepan.
5. Turn down the heat on the stove so that the chilli simmers for approx. 15-20 mins, stirring regularly, until thickened.

This is delicious served with fluffy rice or poured over crispy-skinned jacket potatoes.

You can add sour cream and guacamole to serve if you wish.