

FIVE BEAN CHILLI

SERVES 6

UTENSILS

1 medium saucepan
Tin opener
Wooden spoon
Chopping board
Sharp knife

INGREDIENTS

1 white onion
2 cloves of garlic
Vegetable oil
1tbsp of tomato paste
1tbsp of chilli powder
1 tin of mixed beans
1 tin of kidney beans
1 tin of refried beans
1 tin of chopped tomatoes
Salt & pepper to season
Handful of chopped coriander (optional)

MIX IT UP

Why not add chopped butternut squash or mixed peppers?

Add to nachos with a handful of cheese, sour cream, guacamole and salsa for a great loaded snack!

More heat? Add a few drops of your favourite hot sauce for an added boost of heat.

- 01** Thinly slice the onion and crush the garlic. Add oil to the pan and gently fry in a saucepan over a medium heat until softened and translucent in colour.
- 02** Add the tomato paste and chilli powder and stir for a couple of minutes.
- 03** Add the mixed beans, kidney beans, refried beans and chopped tomatoes. Simmer gently until cooked through (approx. 20 minutes).
- 04** Season with salt and pepper and top with chopped coriander.

Serve with boiled rice or on a jacket potato

GO BIG

Make a big batch and freeze until needed. Take it out when needed - a perfect and easy option after a long day of lectures.