

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
Handful of chopped
coriander (optional)

FIVE BEAN CHILLI

- 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.
A perfect and easy option after a long day of lectures.



**FIVE BEAN
CHILLI**
