

Three bean chilli

Serves 4

Freezable



Ingredients

- 2 tsp oil
- 1 chopped onion
- 1 green pepper
- 1 red pepper
- 2 cloves garlic, crushed
- 2 tbsp tomato puree
- 1 tsp chilli powder (or to taste)
- 2 tsp ground cumin
- ¼ tsp black pepper
- 3x 400g tins of mixed beans such as kidney, black-eye, black, pinto borlotti etc, drained
- 400ml vegetable stock
- 1 400g tin chopped tomatoes
- 1/4 cup chopped fresh coriander

Method

Heat oil in a large saucepan over medium-high heat. Add onion, peppers and garlic to the pan and soften for 3 minutes. Add the chilli powder and cumin and cook for another minute. Stir in all the other ingredients except the coriander. Bring to the boil, reduce the heat, and simmer for 15 mins or so. Stir in the coriander and serve with a wholemeal tortilla.