Spicy Bean Chilli
By Emily

Ingredients
- Olive oil
- Salt and pepper
- 1 red onion
- 1 clove of garlic
- 1 red pepper
- 1 green pepper
- 1 tsp of fresh chilli paste
- 1 tsp of cumin powder
- 1 tin of mixed beans
- 1 tin of kidney beans
- 1 tin of chopped tomatoes
- A squeeze of lemon juice
- To serve: salad, rice and guacamole.

Method
1. Slice the red onion and crush the garlic. Fry in a large pan with a small amount of oil on a medium heat. Stir regularly.
2. Slice the peppers and add to the pan with the chilli paste and cumin powder. Allow to cook together with the onions for a few minutes.
3. Once the vegetables are soft, add the beans and the tomatoes to the pan and turn up the heat.
4. Let the chilli simmer for a few minutes, but don’t let the beans become mushy and overcooked.
5. Before serving, season with salt, pepper and a squeeze of lemon juice. Stir well and serve with salad, rice and guacamole.

It is good to make this recipe a day in advance to allow the flavours to mature. This is also a good recipe to make in a big batch and freeze for when you need it.