VEGGIE MEXICAN BEANS

This is a super quick and healthy family friendly recipe! Great for nachos, burritos, tacos, as a topping for a baked potato or a dip with corn chips.

INGREDIENTS

1 x 400g can red kidney beans, drained and rinsed
1 x 400g can butter beans, drained and rinsed
1 x can refried beans
1 x large jar of tomato puree (passata)
1 onion, chopped
2 sticks celery, chopped
1 red capsicum, chopped
Any other veggies you have in the fridge could be added too eg chopped carrots, green beans, corn kernels
2 cloves garlic, chopped
3 tablespoons sweet paprika
1 tspn smoked paprika (optional)
2 tablespoons cumin powder
2 tablespoons coriander powder
1 tspn dried chilli flakes (optional)

METHOD

Heat a little oil in a large casserole dish and gently fry the onion, garlic, capsicum and celery for a few minutes. Add the paprika, smoked paprika, cumin, coriander powder and chilli (if using) and cook, stirring constantly for 1 minute so the spices don’t burn. Add the drained beans, refried beans and tomato passata. Stir until completely combined and the refried beans ‘melt’ into the sauce. Turn the heat to low, cover the pan and simmer gently for 10-15 minutes or until the bean mixture is thick. If it is too thick, add a little water to prevent it from sticking to the bottom of the pan.

Season to taste with salt and pepper. Serve the mixture your favourite way, whether on top of corn chips for nachos, wrapped in a tortilla for burritos, inside taco shells, or as a topping for a baked potato.

Garnish with any combination of fresh coriander, chopped tomatoes, corn kernels, mashed avocado, grated cheese and sour cream.

This also makes a great dip for corn chips - simply serve hot or room temperature in a big flat dish sprinkled with the garnish ingredients.

GARNISH WITH HERBS

fresh coriander
chopped tomatoes
corn kernels
mashed avocado
grated cheese
sour cream