

All recipes have been provided by our Dietetics Team at GOSH.

Bean Chilli

Ingredients:

- 1 onion, chopped
- 1 tsp garlic
- Herbs and seasoning of choice. Recommended: chilli powder, paprika, salt and pepper
- 1 tsp of tomato puree
- 1 tin of kidney beans (or any tinned bean of choice)
- 1 tin of chopped tomatoes or tomato purée

Instructions:

1. Fry the chopped onion and garlic until softened.
2. Add herbs and seasonings of choice. Chilli powder, paprika, salt and pepper are recommended.
3. Add 1 tsp of tomato puree.
4. Add the tin of kidney beans/tinned bean of choice.
5. Add chopped tomatoes/tomato purée.
6. Let it simmer for 20 minutes.
7. Serve with pasta or rice.