

Simple. Recipes

Serves **4** **Bean Chilli**

Ingredients

1Tbsp rapeseed/olive oil	100mls red wine or water	2 tbsp. tomato puree
1-2 green chillies, chopped	2 onions, chopped	400g tin beans, drained (pinto, Borlotti, cannellini work well)
2 tsps. Ground cumin	2 garlic cloves, chopped	Handful chopped fresh coriander
¼ tsp. allspice	1 tsp. cayenne pepper	
1 red pepper, cut into 1cm dice	2 courgettes, cut to 1cm cubes	
400g tin chopped tomatoes		

TIP: This recipe can be made ahead or cooked in a larger batch and then portioned and put in the freezer ready for when you need it. An easy, cheap and nutritious freezer meal!

Method

- 1 Heat the oil in a pan and gently fry the onions until soft (5-10mins), then add the garlic, chillies, cumin, cayenne and allspice and stir for a minute.

TIP: You can blitz the onion, garlic, ginger and chilli together in a mini chopper or food processor to save on time!

- 2 Add the courgettes and red pepper and tomato puree, stir to coat in the spices.
- 3 Add the tinned tomatoes, beans, wine (or water) and coriander. Pour over 200mls water and season with salt and pepper.
- 4 Simmer for 25-30 minutes, stirring from time to time, until the veg are all tender and everything is thick and saucy.
- 5 Serve with brown rice and green vegetables for a balanced meal. You can add a spoon of natural yoghurt, some shredded lettuce and a small grating of cheddar cheese on top if you wish, or try the guacamole recipe on the next page.

TIP: Frozen vegetables count towards your 5 a day, stir through some frozen spinach to increase your veg intake!

Don't be put off by the spices, once you have a few in your cupboard, this is really easy and you can then make so many dishes using different combinations.

Try a local Asian store to source spices more cheaply than the supermarkets!

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Serves **4** **Guacamole**

Ingredients

Avocado (100g flesh approx.)
Tomatoes, chopped
Juice of one lime
Small handful of fresh coriander, chopped (optional)

Method

- 1 Peel and squash the avocado until smooth (this is easiest with a fork).
- 2 Mix through the other ingredients and season with black pepper to taste.
- 3 Serve with the bean chilli or great just as a dip with veg sticks, or on toast with an egg for lunch.