

Eat The View



Recipes and Tips

Three Bean Chilli

Medium onion, chopped
2 stalks of celery, chopped
Bell pepper, chopped
2 cloves of garlic
2 tablespoon of olive oil
1 can of chopped tomatoes and one container of passata or
2 cans of chopped tomatoes
1 teaspoon ground cumin
2 teaspoons ground coriander
1 teaspoon smoky paprika
2 teaspoons oregano
Salt and pepper
Amount of chilli powder to personal taste
240g drained weight canned beans
240g green beans, cut into 2-3cm pieces
240g broad beans

Heat the oil over a medium heat and put the chopped onion, celery, bell pepper and garlic. Cook until softened and the onion translucent.

Add the canned tomato and passata, if using it, it depends on how thick and rich a sauce you like. Add the herb and spices and simmer for 10 minutes.

Add the fresh and canned beans and cook for another 10 to 15 minutes until the fresh beans are tender and the chilli has thickened.

Serve with rice and grated cheese if you wish.