



BLACK & KIDNEY BEAN CHILLI

INGREDIENTS

- 2 carrots, grated
- 2 cloves of garlic, crushed
- 600g passata
- 50g tomato puree
- 2 x 400g tins black beans
- 1 x 400g tin kidney beans
- 1 jalapeno pepper, deseeded and finely chopped
- 1 tsp chilli flakes (more if you like it spicy)
- Brown rice to serve
- Salt (Himalayan pink salt if possible) and pepper

A GREAT WARMING AND COMFORTING HEALTHY RECIPE WHICH IS EASY TO MAKE. SERVE WITH BROWN RICE OR OVER A JACKET POTATO.

DIRECTIONS

- 1. Place the carrot and garlic into a large saucepan***
- 2. Add the passata, tomato puree, all the beans, jalapeno pepper and the chilli flakes to the saucepan along with some salt (Himalayan pink salt if possible) and pepper, to taste***
- 3. Cook the chilli for about 10 minutes, stirring it well, until it's lovely and warm and everything's nicely mixed together***
- 4. Pour the chilli over the brown rice and enjoy***

This recipe freezes well if you want to make extra batches