

# Mexican Bean Chilli: Sauce

"This recipe works well simply served with rice, potato wedges, on top of a baked potato or even in a bowl with nachos too"



## You Will Need:

- 1 Onion
- 150g Mushrooms
- 60g Tomato Puree
- 1 Can of Kidney Beans (drained)
- 1 Can of Baked Beans
- 1 Large Can of Sweetcorn
- 3-4 Teaspoons of Cajun Spice
- The Juice of 1 Lime
- Dried Coriander (approx. 1 tablespoon)

"This recipe makes 4 generous servings of 'Mexican Bean Chilli' and there are 4 portions of healthy vegetables in every serving!"

## How to do it:

Peel and finely dice your onion before popping into a deep sided pan with a splash of rapeseed oil. Stir fry on a medium heat for about 5 minutes to allow the onions to soften.

Next, finely chop your mushrooms to create a 'mince-like' texture. Add these to the pan along with your Cajun spice mix. Continue to stir fry for another 5 minutes – this will allow the mushrooms to absorb all the flavours and soften.

Now add your tomato puree, kidney beans, baked beans, sweetcorn, dried coriander, and lime juice to the pan along with about 100mls of water. Mix well to combine all ingredients and allow to cook on a medium heat until the sauce bubbles.

Serve with rice, potato wedges, loaded onto a baked potato or with a handful of tortilla chips for dunking.

**Top Tip: This recipe is a good 'make ahead' meal option and can be used as a base to create lots of different family meals. Why not try making a batch of the sauce and freezing in portions ready for an easy family dinner on a future date?**