



MEXICAN BEAN MIX

Bean Mix

1 white or brown onion, finely chopped
1-2 garlic cloves finely chopped
1 400 gm can red kidney beans, drained, rinsed
1 400 gm can mixed beans, drained, rinsed
1 tablespoon balsamic vinegar
1 teaspoon maple syrup
1 teaspoon sweet paprika
1 teaspoon cumin
1/2 teaspoon chilli
1 teaspoon salt
pepper
2 cups passata
1/2-1 cup vegetable stock or water
1 large handful fresh coriander
1 tablespoon olive oil

Heat oil in large pan, saute onions and garlic until soft, mix in all the spices until fragrant. Deglaze the pan with the balsamic vinegar then add the passata and stock and cook on heat for 5-10 minutes. Taste and add the maple syrup if a little sour. Add the 2 cans of beans and cook for a further 10 minutes. Season to taste, Top with fresh coriander.

This dish is great on its own with salad and eggs. Its also great with a rice bowl or inside a taco.