



Healthy  
Eating

# Recipe of the week

## Vegetable & Bean Chilli

### Ingredients

- 1 can of tinned tomatoes
- 1 can of mixed beans
- 1 tsp. chilli powder
- 1 tsp. paprika
- Any cooked veg (e.g. onions, peppers, sweetcorn etc)

### Step 1

In a pan, add a tin of chopped tomatoes, with 1 tsp of chilli and 1 tsp of paprika. Add a tin of mixed beans, and simmer for 5 minutes on a low heat.

### Step 2

Add any leftover cooked vegetables.

We like using roasted peppers, courgette, onions and tomatoes, but you can add what you like!

### Step 3

Simmer for a further 5 minutes.

Serving suggestions:

As a jacket potato filling, in a fajita wrap with cheese, served with boiled rice, or with pasta.