



We've become a bit of a fan of various dried beans. They are cheap and add bulk and texture to dishes. Mung Beans make a pretty convincing Mince substitute as well.

Ingredients:-

200g of Mung Beans
100g Rosecoc Beans
1 Onion sliced
2 Cloves of Garlic grated
1 tin of chopped Tomatoes
½ a tube of Tomato Purée
2 teaspoons of Chilli powder
2 whole Chillies chopped (Deseed if you prefer it mild)
Salt and Pepper

Method:-

- (1) Soak both types of Bean overnight, drain and then simmer separately for 20 minutes. Drain again and set aside.
- (2) Fry the Onions, Garlic and Chilli powder and add Salt & Pepper to taste.
- (3) Add the Mung Beans and tin of Tomatoes then allow to simmer.
- (4) Add the Tomato Purée.
- (5) Add the Chillies.
- (6) Add the Rosecoco Bean and simmer on a low heat.

Serve with Nachos or in Jacket Potatoes. Sprinkle with grated Cheese if you wish and garnish with Coriander.