

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 ovennight, 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 Tomoates 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.