

MEXICAN BEAN STEW



Prep: 10 mins



Cooking: 20 mins



Serves: 4

IDDSI LEVEL 4 - PUREE



Vegan

INGREDIENTS



2 teaspoons **olive/veg oil**



3 teaspoons **tomato puree**



1 **small onion**, finely diced



1 tin (400g) **chopped tomatoes**



2 cloves **garlic**, chopped/crushed



1 teaspoon **sugar**



2 teaspoons **mixed dried herbs**



1 teaspoon **vinegar**



1 **green pepper**, diced



150ml **vegetable stock**, using a stock cube



1 **green or red chilli**, finely diced (optional)



1 tin (400g) **mixed beans**



3 teaspoons **plain flour**



1 tin (400g) **red kidney beans**

Allergens: wheat (gluten). Vegetable stock cube may contain celery.



Use apple cider vinegar



Parev recipe



Use gluten free flour


Small saucepan


Garlic crusher


Blender


Sieve

METHOD



Heat the oil in a saucepan. Add the onion, garlic, herbs, pepper and optional chilli. Cook for 5 minutes on a medium heat taking care not to colour the onions.



Add the flour to soak up the oil. Take off the heat and add the tomato puree and stir well.



Add the chopped tomatoes, sugar, vinegar and veg stock to finish the tomato sauce.



Place the mixed beans and red kidney beans into the sauce and cook for 10 minutes.



Blend the mixture and pass through a sieve before serving to remove any bean skins or pith.

TOP TIP:



Make a quick guacamole by blending 1 ripe avocado, juice of ½ lime, ¼ red onion and a handful of fresh coriander to a puree consistency.



Freeze the bean stew in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.