

Chilli Beans with Rice



Ingredients:

- 1 tin tomatoes
- 1 tin red kidney beans
- 1 tin chick peas or other tinned beans
- 1 large onion
- 1 clove garlic
- 1 tblsp cooking oil
- 1 tblsp tomato puree or ketchup
- chilli powder - always add a LITTLE at a time
 - you can always add more BUT you can't take it out!
- enough rice for 2 people

Method

1. Put on a pan of water for the rice and bring to the boil.
2. Peel and chop the onion and garlic.
3. Heat the oil in a large pan, add the onion and garlic to soften for about 5 minutes.
4. Add tinned tomatoes and 1tblsp tomato ketchup or puree (whatever you have) and chilli powder to taste.
5. Now add rice to boiling water and cook according to instructions.
6. Simmer chilli sauce until onions are soft, about 15-20 minutes.
7. Now add the drained beans and chick peas.
8. Cook until heated thoroughly and serve with boiled rice.