

## Black Bean Chilli

This has quite a kick, use less chilli if you like it milder.

Serves 4

1 tin black beans or ½ mugful dried beans, soaked and cooked, cooking liquid reserved.

1 tbsp oil

1 red onion

1 red pepper

1 beetroot, tennis ball sized

1 red chilli (optional)

1 clove garlic

1 tin chopped tomatoes

2 tsp paprika

1 tsp smoked paprika

1 tsp chilli flakes (optional)

2 tbsp dark soy sauce

25g 70% dark chocolate, broken into pieces



1. Chop the onion, pepper, beetroot, chilli and garlic, fry in a large pan gently to soften.
2. Add the paprika, smoked paprika and chilli flakes, stir and add the beans and tin of tomatoes.
3. Bring to a simmer, if the mixture is a bit dry, add some of the reserved bean cooking liquid or water to come just under the top of the chilli. Cook with the lid on for 30 mins, then with the lid off for 15 mins to reduce the sauce a little.
4. Stir through the soy sauce and dark chocolate, season with salt and pepper.
5. Serve with rice and a spoonful of tomato and avocado salsa.

## Hints, Tips and Adaptations

*Dairy free, gluten free, vegetarian, microwavable*

*Use red kidney beans or adzuki beans instead of black beans.*

*For the salsa, chop up avocado & tomato, stir in a squeeze of lime & some herbs.*