

Ingredients

- Oil, for frying
- 1 bunch spring onions, chopped
- 3 fat garlic cloves, crushed
- 1 tsp ground coriander
- 1 red chilli, leave whole but split and seeds removed
- 1 tsp smoked paprika
- 1 small red pepper, diced
- 1 can of black beans (Tropical Sun are great for this!)
- 1 can of chopped tomatoes
- 1 tsp ground cumin
- 1 vegetable stock cube or stock pot
- 1 tsp brown sugar

To serve, handful of chopped coriander, taco shells or tortillas, grated cheese, guacamole, soured cream.

Method

1. Heat the oil in a large saucepan. Gently fry the spring onions, garlic and spices for one minute.
2. Add the can of black beans including half of the liquid from the can (if not too salty), otherwise drain the beans and add half a can of water. Add the rest of the ingredients and stir well.
3. Bring to the boil. Turn down the heat and simmer with the lid on for 40 mins. If necessary, removed the lid and reduce a little. Remove the chilli. Taste and season with salt and pepper. Alternatively preheat the oven to 120C and cook for 1 ½ hours.
4. Serve with taco shells or tortillas, grated cheese, guacamole, soured cream.

