

Bean Chilli

Ingredients (Serves 3)

**One
Life
Suffolk**



Tbsp Olive Oil



2 Small Onions (60g) – chopped



2 Garlic Cloves (3g) – chopped



150ml Oxo vegetable stock



2 tins of chopped tomatoes (400g)



125g Butter Beans



395g Taco Mixed Beans in Spicy Tomato Sauce



400g Red Kidney Beans



Spices to taste (cumin, chilli, cayenne pepper & oregano)

1. Heat the oil in a pan and add the onion and garlic. Fry over a medium heat until soft. Add to slow cooker.
2. Add the rest of the ingredients to slow cooker. Cover with lid and cook on low for 6-8 hours.



Serve with basmati rice.