

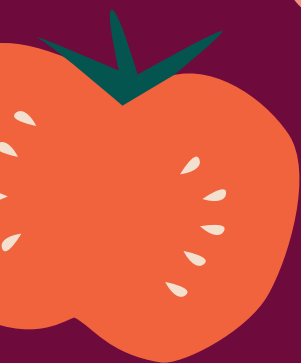
**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

BEAN CHILLI



44



BEAN CHILLI



MEGA TASTY

This bean chilli is a great way to bring pocket-friendly dried beans to life, and it's a super easy slow cooker tea - chuck it all in and let it do its thing!

INGREDIENTS

- 1 x 500g bag of mixed dried beans
- 1 onion
- 2 garlic cloves
- 2 tbsp vegetable oil
- 1 reduced salt vegetable stock cube
- ½ mug of frozen sliced mixed peppers
- 2 heaped tsp fajita spice mix
- 1 tsp mild chilli powder
- 1 tin of chopped tomatoes
- 1½ mugs of frozen butternut squash
- 1 spring onion (optional)

METHOD

01

Put the dried beans in a bowl, cover with cold water and leave to soak uncovered for at least 12 hours. After this time, drain the beans in a colander and set aside.

04

Tip the contents of the frying pan into the slow cooker. Add the tin of tomatoes, then fill the tin with water and add this too. Stir in the butternut squash and the soaked and drained beans.

02

Peel and slice the onion and garlic, then heat the vegetable oil in a deep frying pan. Once hot, add the onion and garlic and cook for 8-10 minutes until softened and golden brown.

05

Pop the lid on and set the slow cooker to low or, leave to simmer over a low heat for 4-6 hours.

03

Crumble in the stock cube, then add the frozen peppers along with the fajita spice and chilli powder. Give it all a good stir and then remove the pan from the heat.

06

When the bean chilli is cooked, slice up the spring onion, if using. Spoon onto plates and then top with the spring onion - now dig in!

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