



Bean Bowl with Egg (OP W)

Serving: 1

Non Veg

Ingredients

- 1 tsp oil.
- 3 tbsp onion chopped
- 1 tbsp sliced garlic
- 2-3 mushrooms sliced
- 2 tbsp chopped tomatoes
- 1 cup vegetable stock
- salt -to taste
- 1 tsp chilli powder
- $\frac{1}{4}$ cup white beans , rinsed and drained
- $\frac{1}{4}$ cup spinach chopped
- 1 egg white
- 1 tsp cider vinegar
- ground pepper- to taste

Preparation Method

- Heat 1 tsp oil in a Dutch oven / Deep pan over medium-high. Add onion and garlic to pan; cook 2 minutes, stirring occasionally. Add mushrooms to pan; cook 5 to 6 minutes or until browned, stirring occasionally.
- Add tomatoes, stock, salt, chilli powder and beans to pan, and bring to a boil. Cook 5 minutes or until mixture thickens and about half of the liquid has evaporated, stirring occasionally.
- Add spinach; cook 2 minutes or until wilted, stirring occasionally. Remove from heat; cover and keep warm.
- Heat 1 teaspoon oil in a nonstick skillet over medium Flame. Gently break eggs into pan; cook until whites are set . Top serving with egg; drizzle with vinegar, and sprinkle with pepper.