



# Black bean chilli



## Method

1. In a large pot, heat the olive oil and fry the garlic and onions for 5 mins until almost softened. Add the pimenton and cumin, cook for a few mins, then add the vinegar, sugar, tomatoes and some seasoning. Cook for 10 mins.
2. Pour in the beans and cook for another 10 mins. Serve with rice and the accompaniments of your choice in small bowls.



## Ingredients

- 2 tbsp olive oil
- 4 garlic cloves, finely chopped
- 2 large onions, chopped
- 3 tbsp sweet pimenton (Spanish paprika ) or mild chilli powder
- 3 tbsp ground cumin
- 3 tbsp cider vinegar
- 2 tbsp brown sugar
- 2 x 400g (2 x 14oz) cans chopped tomatoes
- 2 x 400g (2 x 14oz) cans black beans, rinsed and drained
- a few, or one, of the following to serve: crumbled feta cheese, chopped spring onions, sliced radishes, avocado chunks, soured cream

