

SMOKY BLACK BEAN CHILLI

with avocado salsa

CRUNCH

Ingredients for 2 portions

You'll need: chopping board, sharp knife, small bowl, saucepan, spatula, lemon juicer

For the chilli:

- 1 tbsp olive oil
- 1 red onion, peeled and finely sliced
- 1 stick celery, chopped finely
- 1 fresh green chilli, deseeded and chopped
- 1 clove garlic, peeled and crushed
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp cayenne pepper
- 2 x cans black beans
- 1 can chopped tomatoes
- Pinch of brown sugar
- 1 tsp red wine vinegar
- Squeeze of lime juice
- Salt and freshly ground black pepper

For the 'guacamole' salsa:

- 1 spring onion
- 1 tomato
- ½ green and ½ yellow pepper
- 1 green chilli
- 1 avocado, stoned
- A little fresh coriander and/or mint
- Pinch of ground cumin
- Squeeze of fresh lime juice
- 1 tsp olive oil
- Salt and freshly ground black pepper

To serve: grated cheddar cheese

Prepare The Ingredients First. Then Follow Steps 1 to 7.

Step 1



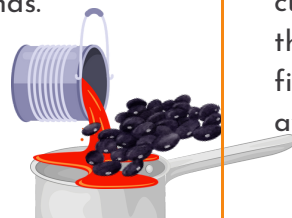
Heat the olive oil in a large saucepan and gently sauté the onion, fresh chilli and celery for a couple of minutes until softened.

Step 2



Add the garlic and the spices and stir for 30 seconds.

Step 3



Stir in the tinned beans and tomatoes, brown sugar and vinegar and bring to the boil. Cover and simmer very gently for 20 minutes, stirring every now and then.

Step 4



Add the lime juice, salt and pepper to taste.

Step 5



Meanwhile prepare the salsa:

Finely slice the spring onion. Chop the tomato into small cubes. Halve the peppers and the chilli, deseed and chop finely. Remove the flesh of the avocado and cut into cubes.

Step 6



Transfer all the salsa ingredients to a bowl, add the lime juice, cumin, coriander and oil. Season and set aside.

Step 7

Serve in warmed bowls with rice or tortillas, and top with the salsa and grated cheese.

