



Spanish beans

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Traffic light category: **Green**

Serves: 10 x 200g serves

Ingredients

- 2 tablespoons olive oil
- 1 large brown onion, diced
- 1½ garlic cloves
- 1 tablespoon paprika
- 1 tablespoon ground cumin
- ½ cup red capsicum, diced
- ½ cup green capsicum, diced
- 2 x 400g cans diced tomatoes
- 2 x 400g cans mixed beans, rinsed and drained
- ½ cup parsley, chopped
- 1 tablespoon black pepper

Method

1. Heat oil in a large saucepan, add onion, cook stirring occasionally until onion is lightly browned
2. Add garlic, paprika and cumin, cook stirring for one minute
3. Add capsicum, tomatoes, beans and parsley, stir then cover and cook for 5 minutes
4. Season with pepper, serve with toasted tortillas and/or rice.



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