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Serves 2

Smokey Beans with Peppers and Tomatoes

The Well Recipe Card

- 1 medium onion – chopped (1-2cm)
- 1 red or yellow pepper – chopped (2-3cm)
- 1 carrot – chopped (1-2cm)
- 1 celery – chopped (1-2cm)
- 3 cloves garlic – finely chopped
- 2 tsp creole spice blend
- 1 tin chopped tomatoes
- 1 tin baked beans – drained of their sauce and rinsed

Optional – cheddar cheese, hummus, coleslaw, toast, baked potatoes

Prepare vegetables as described.

In a saucepan over a medium heat, sweat onion with a little cooking oil until soft (2 – 4 mins).

Add the pepper, carrot and celery cook for a further (2 – 3 minutes).

Add garlic and cook out for about a minute before adding spices – stirring continuously to avoid creating too much smoke – turn down the heat if necessary.

Add chopped tomatoes, beans and a splash of water (if things look too dry) to saucepan and let everything simmer together for 10 – 15 minutes, the longer the better as this allows the flavours to develop.

Finally taste and adjust seasoning adding more salt and pepper to taste – you could even add a splash of tabasco or a squeeze of tomato ketchup.

Serve with baked potato or simply on freshly butter toast – great with cheddar cheese!

