



Smokey Tomato Beans

Ingredients Makes 6 portions

- 1 tbsp olive oil
- 1 diced onion
- 1 tbsp chopped garlic
- 1 tsp Spanish Smoked Paprika
- 2 cups cooked beans
- 800ml tomato passata
- 150gm grated courgette
- a handful of chopped spinach
- 2 tbsp chopped parsley
- splash of Worcestershire sauce
- Salt and pepper to taste

Instructions

- In a pot heat oil and gently fry the finely diced onion until soft and translucent adding a dash of water if they start to burn.
- Add the garlic and gently fry.
- Add the Spanish Smoked Paprika stirring all together.
- Add the tomato passata, beans, spinach and parsley.
- Give a good stir.
- Add salt and pepper to taste.
- Lower the heat and allow to simmer away gently for at least 30 mins.
- Keep stirring now and then to avoid beans sticking at the bottom.

Serve on toasted sourdough with eggs for breakfast.
Add chicken for more protein and serve with rice or
steamed vegetables.