More than 30 minutes

Serves 4

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## Ingredients:

- 1 onion, diced
- Glug oil
- 2 cloves garlic, crushed
- 2 tsp (10ml) ground cumin
- 2 tsp (10ml) ground coriander
- 2 cans (410g each) mixed beans
- 1 can (400g) chopped tomatoes
- 4-5 cups (1-1.25L) chicken or vegetable stock
- 1 tsp (5ml) sugar
- 2 Tbsp (30ml) chopped fresh parsley or coriander
- Salt and milled pepper
- 1 packet (45g) cheese-flavoured corn chips, coarsely crushed

## Method:

- 1. Sauté onion in heated oil until soft, about 5 minutes.
- 2. Add garlic and spices and cook for a minute more.
- 3. Tip in beans, tomatoes and stock.
- 4. Simmer for 15 minutes.
- 5. Stir in sugar and herbs and season to taste.
- 6. Serve topped with crushed corn chips.