

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.