



Healthy Plant-based Recipes:

Haystack Bean Mix #1

Serves approximately 10 people

Ingredients

- 500g dried kidney beans
- 1 capsicum (diced)
- 2 Tablespoons tomato paste
- 1 tin Heinz tomato puree
- 2 onions (finely chopped)
- 2 vegetable stock cubes or seasoning of your choice
- 1 400g tin Italian diced tomatoes
- Olive oil (or oil of your choice) for sautéing

Method

- Soak beans overnight (or approximately 8-12 hours)
- Either cook on stove or pressure cook. Here is a guide for cooking times and these times can vary considerably depending on the age and origin of the beans. Average time for cooking on stove is 45-50 minutes or pressure cook for 20 minutes once pressure is reached.
- Whilst beans are cooking, prepare and sauté onions and capsicum in oil and add Italian diced tomatoes and tomato paste.
- When beans are cooked, drain the beans and blend half of the beans with a tin of tomato puree and stock cubes.
- Add blended mixture to your mixture in your fry pan and add the remaining beans that you didn't blend and lightly mash in according to the texture desired (can leave beans whole)
- Serve on corn chips, topped with salad, guacamole and vegan cheese