



Healthy Plant-based Recipes:

Haystack Bean Mix #2

Ingredients

- 3 cups beans (pinto, red kidney or black beans)
- 1 Tablespoon oil
- 1 brown onion diced
- 400g crushed tomatoes
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- ¼ teaspoon chilli powder
- ½ teaspoon oregano
- ¼ teaspoon onion powder
- ½ teaspoon salt (adjust to taste)
- Splash of water to thin bean mixture

Method

- Heat oil in a pan or pot
- Add diced onion and fry until fragrant, slightly browned.
- Add drained and rinse canned beans, crushed tomatoes, spices, salt and extra water if needed