Pepper and Bean Chilli with Rice for 4



You will need:

Two Peppers

Two Onions

Two Chillies

1 tin of chopped tomatoes

1 tin of Red Kidney beans

240gms /one full mug of rice

* Thinly slice the onions to form rings
* Slice the peppers and the chillies into rings too
* Melt some butter or oil in a large frying pan and gently cook the onions for about 5 minutes
* Add the peppers and chillies and continue to gently fry for 5 more minutes
* Wash the rice and simmer it in 2 mugs of water and ½ a teaspoon of salt for about 15 minutes. Leave it with the lid on the pan until you want to serve the meal
* Add the tin of tomatoes and the tin of beans to the peppers in the frying pan.
* Half fill the tin of tomatoes with water and add that to the pan. Season with some salt and pepper.
* Slowly cook together for about another 10 minutes
* Serve the cooked rice – sprinkle with parsley or coriander if you have any.

