**Vegetable and bean risotto**.



You will need:

1 chopped onion

1 full mug of rice

1 tin of tomatoes

1 tin of beans

1 Red Pepper

Extra vegetables

I teaspoon of Turmeric

¼ teaspoon of Chilli flakes

Stock cube

Tablespoon of oil, salt, pepper

* Chop up the onion and start to fry it in a big pan with a tablespoon of oil.
* Add in the turmeric and the rice and fry them all together stirring to coat the rice in the spice.
* Next add the tinned tomatoes and the chopped red pepper with the chilli flakes and ½ a teaspoon of salt
* Fill the tomato tin with water and add to the pan with a stock cube.
* Stir to mix everything and then put the lid on your pan and let it simmer gently for 15 minutes stirring occasionally to stop it sticking to the pan.
* You might need to add more water as the rice absorbs it as it cooks
* Next add the beans and any extra vegetables that you have and cook for another 5 minutes.
* You could sprinkle chopped Coriander leaves over the top if you have any.

This recipe is very flexible – you could use any beans – butter beans or chick peas or kidney beans.

The extra vegetables could be a tin of sweetcorn, some frozen peas or some frozen mixed vegetables. Just adjust the cooking time – add them early if they take longer to cook.

