

# Spanish Beans



Serves: 6

## Ingredients

- 1 tablespoon olive oil
- 1 large brown onion, peeled and diced
- 1 garlic clove, crushed
- ½ tablespoon paprika
- ½ tablespoon ground cumin
- 1 x 400g cans mixed beans, rinsed and drained
- ½ cup red capsicum, seeded and diced
- ½ cup green capsicum, seeded and diced
- 1 x 400g can diced tomatoes
- ¼ cup parsley, chopped
- ½ tablespoon black pepper

## Method

1. Heat oil in a large saucepan, add onion, cook stirring occasionally until onion is lightly browned
2. Add garlic, paprika and cumin, cook stirring for one minute
3. Add beans, capsicums, tomatoes and parsley, stir then cover and cook for five minutes
4. Season with pepper
5. Prepare toasted tortillas and/or cooked rice to serve.

