

Spicy Bean Hotpot

Serves: 8

Prep time: 10 minutes

Cook time: 30 minutes



3 serves per portion

Ingredients

2 teaspoons olive oil
3 garlic cloves, finely chopped
2 cups mushrooms, chopped
400g can crushed or diced tomatoes
1 tablespoon tomato paste, reduced salt
½ cup water
1 tablespoon cumin
½ tablespoon sweet paprika
½ teaspoon chilli powder
400g can brown lentils
420g can mixed beans
120g baby spinach
1 ½ cups brown rice
3 cups cheddar cheese, reduced fat, grated
1 bunch coriander leaves, chopped, to serve

Method

HEAT oil in a large pot over medium heat.
ADD garlic and mushrooms to pot and stir for 5 minutes or until tender.
ADD tomatoes, tomato paste, water, cumin, sweet paprika and chilli powder and stir for 30 seconds until fragrant.
ADD brown lentils, mixed beans and spinach and stir.
REDUCE heat to low and simmer, stirring occasionally, for 5-10 minutes.
PREPARE rice according to packet instructions.
DIVIDE the brown rice and bean mix between bowls and serve topped with cheese and coriander.



Everyday Food

Recipe courtesy of the Country Kitchens team