

**POT LUCK**  
**Chilli Beans with Rice**



**Ingredients:**

1 tin tomatoes  
1 tin red kidney beans  
1 tin chick peas or other tinned beans  
1 large onion  
1 clove garlic  
1 tblsp cooking oil  
1 tblsp tomato puree or ketchup  
chilli powder-always add a LITTLE at a time  
-you can always add more BUT you can't take it out!  
enough rice for 2 people

**Method:**

1. Peel and chop the onion and garlic.
2. Heat the oil in a large pan, add the onion and soften for about 5 minutes.
3. Add tinned tomatoes, garlic and 1tblsp tomato ketchup or puree (whatever you have).
4. Add chilli powder to taste BE CAREFUL – CHILLI can be VERY HOT.
5. Put on a pan of water for the rice and bring to the boil – add rice to boiling water and cook according to instructions.
6. Simmer chilli sauce until onions are soft, about 15-20 minutes.
7. Now add the drained beans and chick peas.
8. Cook until heated thoroughly and serve with boiled rice .