

## Chilli con Udo



### INGREDIENTS

Serves 4

- 2 19 oz. cans of red kidney beans, drained
- 1 Large onion, diced (approx. 2 cups)
- 1 Yellow pepper, diced (approx. 1 cup)
- 4 cloves Garlic, minced
- 1 28 oz. can of tomatoes, chopped (with liquid)
- 2 Tbsp. Tomato paste
- 1 1/2 Tbsp. Chili powder
- 1 tsp. ground cumin
- 1/2 tsp. dried oregano
- 1/4 tsp. Cayenne (adjust to taste)
- 1 tsp. Salt
- 1/4 cup Udo's Oil (optional)
- Sea Salt and pepper to taste

### METHOD

- In a large pot, add all ingredients except oil
- Mix ingredients, cover and simmer for 2 hours, stirring occasionally
- Add oil (optional) and season to taste

Note: Red kidney beans are amongst the highest sources of fibre within our food choices.