



# Bean goulash

Serves 4  
Prep 5 minutes  
Cooking 20 minutes

## Ingredients

1 tbsp oil  
onion chopped  
1 tsp smoked paprika  
1 - 2 cloves of crushed garlic  
1 tin chopped tomatoes  
1 mug vegetable stock  
4 mushrooms roughly chopped  
1 tin mixed beans, drained and rinsed

## Method

1. Heat a pan, add the oil and fry the onions until they start to soften.
2. Add the garlic and paprika stir and cook for 1- 2 minutes.
3. Stir in the tomatoes, stock and mushrooms, bring to the boil, reduce the heat and simmer for 10 minutes.
4. Add the mixed beans and cook for a further 3-4 minutes until beans are heated through.

