



Mexican bean casserole

Serves 4
Prep 5 minutes
Cooking 25 minutes

Ingredients

1 tbsp oil
1 small onion chopped
2 mugs of frozen mixed peppers
1 clove garlic, crushed
½ tspn chilli powder
½ tspn ground cumin
1 tin mixed beans or pulses in water, drained
1 tin tomatoes
1 tin sweetcorn
200ml water

Method

1. Heat the oil in a pan and gently fry the onion for 2 minutes then add the peppers, garlic, spices and stir for a further 2 minutes.
2. Add the rest of the ingredients, stir, bring to the boil and simmer for 20 minutes.
3. Serving suggestion:
4. Layer bean casserole between tortilla wraps, top with cheese and bake for 10 minutes until cheese has melted.