



**We've become a bit of a fan of various dried beans. They are cheap and add bulk and texture to dishes. Mung Beans make a pretty convincing Mince substitute as well.**

**Ingredients:-**

200g of Mung Beans  
100g Rosecoc Beans  
1 Onion sliced  
2 Cloves of Garlic grated  
1 tin of chopped Tomatoes  
½ a tube of Tomato Purée  
2 teaspoons of Chilli powder  
2 whole Chillies chopped ( Deseed if you prefer it mild )  
Salt and Pepper

**Method:-**

- (1) Soak both types of Bean overnight, drain and then simmer separately for 20 minutes. Drain again and set aside.
- (2) Fry the Onions, Garlic and Chilli powder and add Salt & Pepper to taste.
- (3) Add the Mung Beans and tin of Tomatoes then allow to simmer.
- (4) Add the Tomato Purée.
- (5) Add the Chillies.
- (6) Add the Rosecoco Bean and simmer on a low heat.

**Serve with Nachos or in Jacket Potatoes. Sprinkle with grated Cheese if you wish and garnish with Coriander.**