



Chilli - Serves 4

Ingredients:

- 220g can red kidney beans, drained and rinsed
- 1 fresh red chilli, deseeded and finely chopped
- 1 teaspoon chilli powder
- Bolognaise sauce - see bolognaise recipe

Method:

1. Add a tin of red kidney beans, fresh chilli, and chilli powder to the bolognaise sauce to taste
2. Serve on a bed of rice.

Alternatives:

- Serve on a baked potato instead of rice
- Serve with pasta instead of rice
- Serve with a teaspoon of crème fraiche and a sprinkle of cheese in tortilla wraps

Did you know ?

Red meat is a great source of important source of nutrients for you and your family.

It is the best dietary source of easily absorbable iron and an excellent source of protein, B vitamins and other minerals.

Other good sources of iron include fortified whole grain breakfast cereals and breads, lentils, and beans.

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