



## MEATBALL BLACK BEAN CHILLI

### Ingredients

2 tbsp olive oil  
12 beef meatballs  
1 onion, finely sliced  
2 mixed peppers, sliced  
½ large bunch coriander,  
leaves and stalks chopped  
2 large garlic cloves, crushed  
1 tsp hot smoked paprika  
2 tsp ground cumin  
1 tbsp light brown soft sugar  
2 x 400g cans chopped tomatoes  
1 x 400g can black beans, drained  
and rinsed  
cooked rice, to serve

### Method

If you are really busy and need something hearty in a jiffy then this is for you. Either use your own favourite meatball recipe, or use shop bought ones. Your local butcher will have excellent meatballs to choose from. If you can't find black beans (turtle beans) use kidney beans instead.

1. Heat the oil in a large flame-proof casserole dish or heavy pan over a medium heat. Fry the meatballs for 5 mins until browned, then transfer to a plate with a slotted spoon.
2. Fry the onion and peppers with a pinch of salt for 7 mins. Add the coriander stalks, garlic, paprika and cumin and fry for 1 min more. Tip in the sugar, tomatoes and beans, and bring to a simmer. Season, return the meatballs to the pan and cook, covered, for 15 mins. Serve with the rice and the coriander leaves scattered over.
3. If you make this often then you can start to vary it by adding one or more of the following to serve: crumbled feta cheese, chopped spring onions, sliced radishes, avocado chunks, soured cream... endless possibilities

To freeze, leave to cool completely and transfer to freezer proof bags or containers.