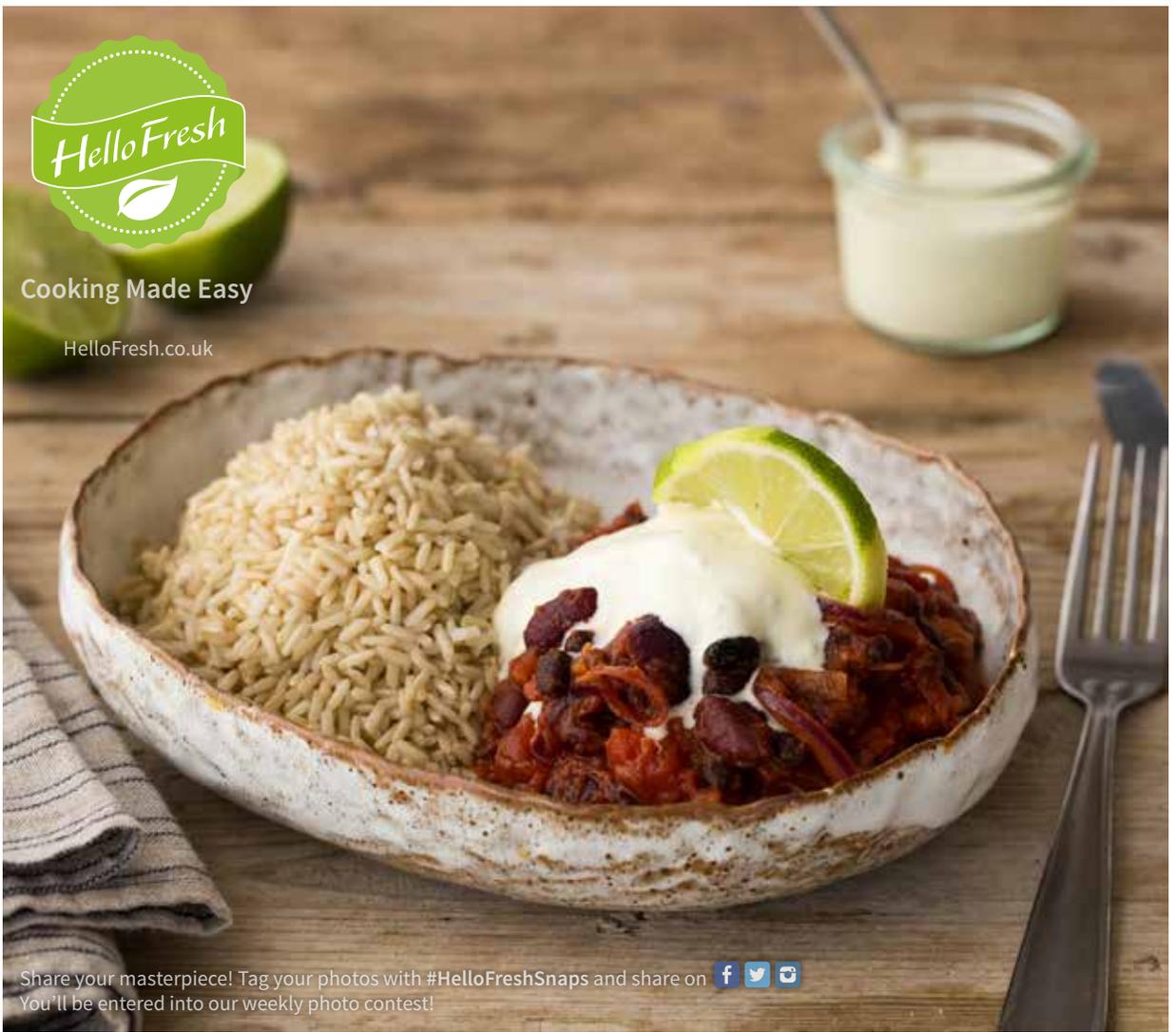




Cooking Made Easy

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Mixed Bean Chilli with Herbed Pork

We're a traditional bunch here at the Fresh Farm. Luke has often been known to throw his jacket into a puddle to save a lady's slippers, whilst in spite of his tender years, Ed insists on dressing like a man 30 years his senior. That's why we decided to do this recipe with the guys at Gran Luchito. Their smoky chilli paste is produced by local farmers in the Oaxaca region of Mexico who use age-old methods to work the land and produce this rich, sweet, spicy concoction. Add bit by bit, it's hot!

 30 min

 gluten free

 spicy



Brown Rice



Red Onion



Pork Sausage



Cumin



Organic Chopped Tomatoes



Organic Mixed Beans



Tomato Purée



Vegetable Stock Pot



Chipotle Paste



Lime



Sour Cream

Ingredients

	2P	4P
Brown Rice	1 cup	2 cups
Red Onion, sliced	⅔ cup	1½ cups
Pork Sausage 1	1	1
Cumin	1½ tsp	3 tsp
Organic Chopped Tomatoes	1 tin	2 tins
Organic Mixed Beans	1 tin	2 tins
Tomato Purée	1 tbsp	2 tbsp
Vegetable Stock Pot 2	½	1
Chipotle Paste	½ tsp	1 tsp
Lime	½	1
Sour Cream 3	3 tbsp	5 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | **2)** Celery

3) Milk

Nutrition per serving: Calories: 925 kcal | Protein: 36 g | Carbs: 97 g | Fat: 41 g | Saturated Fat: 17 g

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1 Boil a pot of water with ¼ tsp of salt for your rice. Wash the rice in a sieve under running water for a minute. Boil the rice for 25 mins then drain and put back in the pan. Cover with a tea towel and leave off the heat until the chilli is cooked.

4



2 Peel and cut the onion lengthways through the root. Finely slice the onion.

6



3 Heat 2 tsp of olive oil in a frying pan on medium-high heat. Once hot, slice open the sausage and remove the meat. Discard the skin and cook the meat until browned off. **Tip:** Break it up with a fork as you go and keep to the side once cooked.

7



4 Heat 1 tbsp of olive oil in the pan on medium-low heat. Once hot, add the onion with ¼ tsp of salt and some pepper. Stir the onions and place a lid on the pan. After 5 mins, take the lid off the pan and add the cumin.

5 After 1 minute, add the chopped tomatoes and turn the heat to medium. **Tip:** If you have any sugar in the cupboard, add ½ tsp now.

6 Drain and rinse the mixed beans and add them in. Add the tomato purée and half the stock pot. Lastly, add the sausage meat and chipotle paste - go carefully, it's hot!

7 Zest the lime and mix a pinch of the zest and a little squeeze of the juice into the sour cream. **Tip:** When zesting (i.e. grating) the lime, don't go down to the white part underneath the skin as this tastes bitter.

8 Serve your chilli with the rice, a good dollop of citrus sour cream and a big squeeze of fresh lime juice.