



## Ingredients

### Serves 2

*2 teaspoons oil*

*½ onion, diced*

*200 grams canned chilli beans, drained and rinsed*







*200 grams canned chopped tomatoes or 4 tomatoes, chopped*

*parsely to garnish (optional)*

## Method

1. Heat oil in a large saucepan over low heat.
2. Add onion and cook until soft.
3. Add chilli beans and tomatoes and simmer until the sauce has reduced and thickened.
4. Remove from heat. Spoon into serving bowls, garnish with parsely (if using) and serve.

## Equipment

-  Can opener
-  Cutting board and knife
-  Large saucepan with lid
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

## Preparation and cooking skills

Chop, dice, reduce, simmer.