

# Chilli beans with eggs

## Ingredients

### Serves 4

1 tablespoon oil

1 onion, diced

1 x 400 gram can chilli beans

1 x 400 gram can chopped tomatoes  
or 4 tomatoes, chopped

2 cups corn kernels

1 capsicum, deseeded and sliced

4 eggs

## Method

1. Heat oil in a large saucepan over low heat.
2. Add onion and cook until soft.
3. Add chilli beans, tomatoes, corn and capsicum and simmer until the sauce has reduced and thickened.
4. Make four holes in the mixture and break an egg into each hole.
5. Cover with a lid and cook over low heat until the eggs are cooked, approximately 7-10 minutes.
6. Remove from heat. Carefully lift out vegetable mixture and an egg into each serving bowl.

## Serving suggestion

- Serve with cooked brown rice.

## Variation

- Add diced celery, grated carrot and chopped kumara in place of corn kernels.

## Nutrition

- Eggs are a great source of protein and vitamins which help you to grow and build strong muscles.



## Equipment

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

## Preparation and cooking skills

Chop, dice, poach, reduce, simmer, slice.