



# SMOKY EGGPLANT CHILLI BEANS

## Ingredients

- 1/3C extra virgin olive oil
- 2 eggplants, chopped
- 1 red capsicum, chopped
- 400g can copped tomatoes
- 2T caramelised onion
- 1 1/2 tsp each ground cumin, coriander, smoked paprika
- 1 tsp dried chilli flakes
- 400g can red kidney beans, rinsed, drained
- 1C vegetable stock
- Finely grated cheddar, avocado wedges, sliced chilli, lime wedges + fresh coriander to serve

PREPARATION: 10MIN

COOKING: 55 MIN

SERVES: 4

## Directions

- Heat oil in a large saucepan over medium-high heat. Add eggplant and cook, turning regularly, for 15 minutes or until golden. Using a slotted spoon, transfer to a baking tray and set aside.
- Add capsicum to the pan and cook, turning regularly, for 3-4 minutes or until tender. Add tomato, onion, spices, kidney beans, stock and 1/2C water. Simmer for 25 minutes or until thick and reduced.
- Return eggplant to pan and cook for 10 minutes or until tender and cooked through. Season with salt + pepper. Divide among serving bowls and top with cheese, avocado, chilli, lime wedges and avocado.

