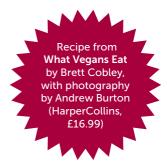
## Smoky Bean Stew





## Serves 4

Olive oil, for frying 3 shallots, finely chopped 1 jalapeño chilli, finely chopped 2 garlic cloves, finely chopped 1 x 400g tin aduki beans (or you can use black beans or haricot), rinsed and drained 1 x 198g tin sweetcorn, drained 1 tsp chilli paste <sup>1</sup>/<sub>2</sub> tsp smoked paprika 1 tbsp garlic purée Pinch of black pepper 300g passata Juice of <sup>1</sup>/<sub>2</sub> lemon or lime



## To serve

1 avocado 4 tbsp plant-based yoghurt 2 handfuls of spinach leaves Small bunch of coriander

- 1 Heat some olive oil in a pan, then add the shallots, chilli and garlic and cook over a medium heat until softened.
- **2** Tip in all the remaining ingredients, along with 125ml (<sup>1</sup>/<sub>2</sub> cup) water. Stir to combine, then simmer for 20 minutes to thicken, stirring occasionally.
- 3 Serve hot with any toppings of your choice.

For more information go to **vegansociety.com**. Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!



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