

USASA

**BUDGET
BITES**



**Chilli Beans
with Avocado**

**Approx. Per Serving
(Assuming 4 Servings):**

Calories: 669 calories

Protein: 23g

Carbohydrates: 109g

Fat: 16g

Follow along with the video!



Ingredients

2 tablespoons sunflower oil
1 large onion, finely chopped
2 tsp crushed garlic cloves
2 x 420g tin of tomatoes
3 x 420g tins of four bean mix rinsed & drained
420g tin of corn drained
1 packet taco seasoning
1 avocado, flesh chopped
1 cup basmati rice, cooked
Salt to taste

Optional

Sour cream

Tips!

This a very versatile recipe that can be used in a burrito, taco or nachos!

Method

1. Heat oil in a large fry pan over medium heat.
2. Add onion and garlic and cook for 5 minutes or until softened slightly.
3. Add taco seasoning.
4. Stir in tomato tins and beans.
5. Bring to the boil over medium-high heat, then reduce the heat to medium and simmer for 15 minutes or until the mixture thickens slightly.
6. Add drained corn kernels.
7. Divide the chilli beans among bowls, top with the avocado, then serve with rice
8. *Optional* Add sour cream, if desired.