

# Recipe

## bbq bean chilli

These tasty BBQ beans feature three kinds, creamy cannellini, hearty black, and plump kidney which are all slow-cooked in a rich, smoky tomato sauce. Flavoured with paprika, nutritional yeast, and porcini powder, they're packed with cosy, savoury goodness. We recommend pairing this dish with a side of white rice and carrots for a perfectly balanced meal that's both nutritious and satisfying.



### Ingredients

A glug of cooking oil	1 tsp of bbq spice mix	500ml water
1 medium red onion - diced	1/2 tsp of cumin	1 tsp of dried porcini powder
1 red pepper - diced	1 tsp of smoked paprika	5g of nutritional yeast
2 cloves of garlic - crushed	a pinch of red chilli flakes	
1 tin of cannellini beans - drained	1 tbsp of tomato paste	
1 tin of kidney beans - drained	690g of tomato passata	
1 tin of black beans blended with water until smooth		

### Method

Add your cooking oil to a wide based pan on a medium heat

Add onion and cook gently for 10 minutes until golden and soft

Add red pepper and crushed garlic, then mix well to coat only, cooking for just a couple of minutes

Add all your drained beans and your blended black beans, along with the spices and chilli flakes, and mix well until fragrant. This should only take a couple of minutes

Add your tomato paste and stir to coat, cooking for just another two minutes

Add your tomato passata, water, porcini powder and nutritional yeast and simmer gently for at least an hour until it's reduced thicker and yummy tasting

We love to serve our bbq bean chilli with rice, grated cheese and tortilla wraps... you could also even add some sour cream and spring onions!

Please note: This recipe is correct at the time of publication on 3/03/2025. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

**Nutritious delight with every bite**

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