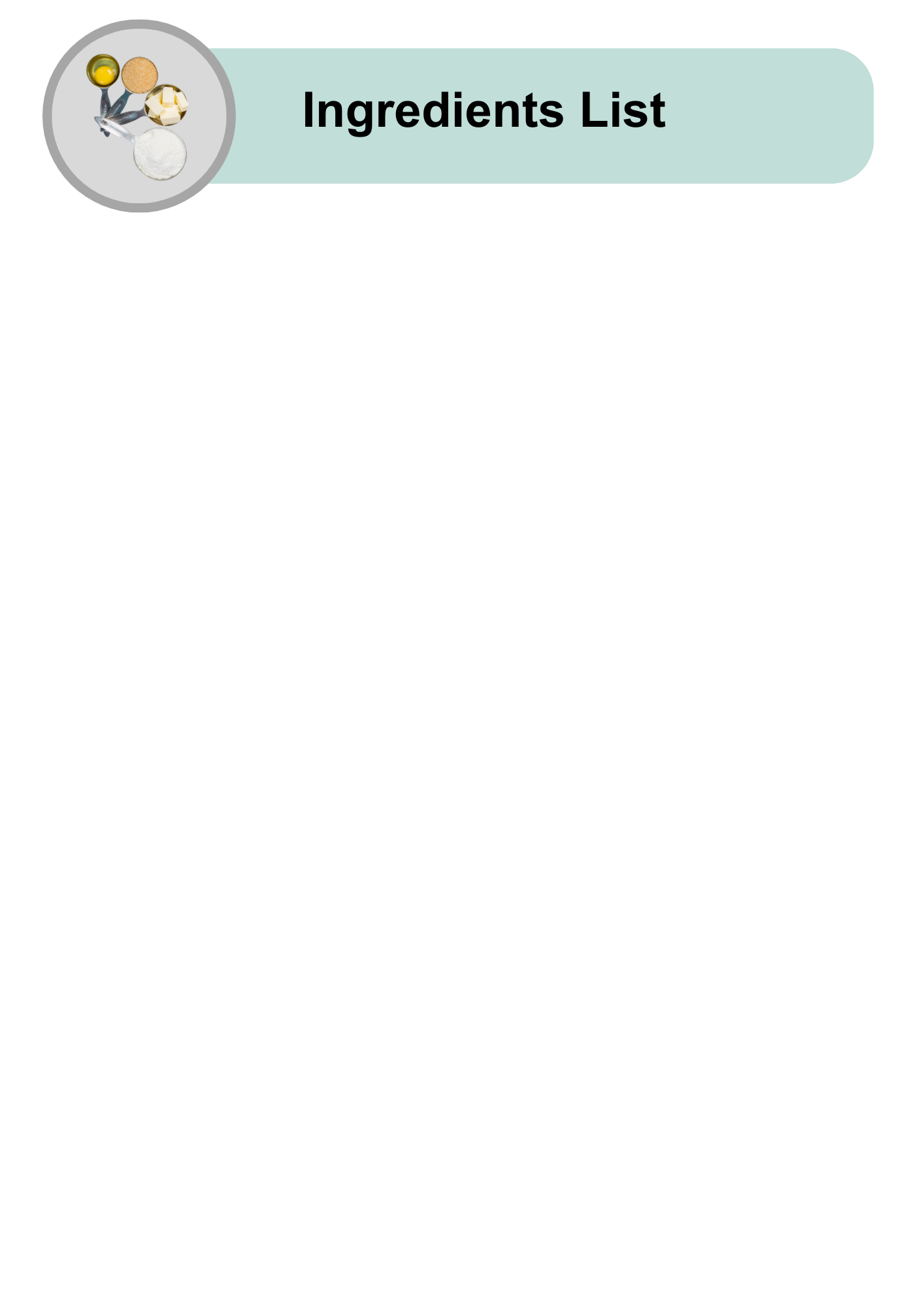
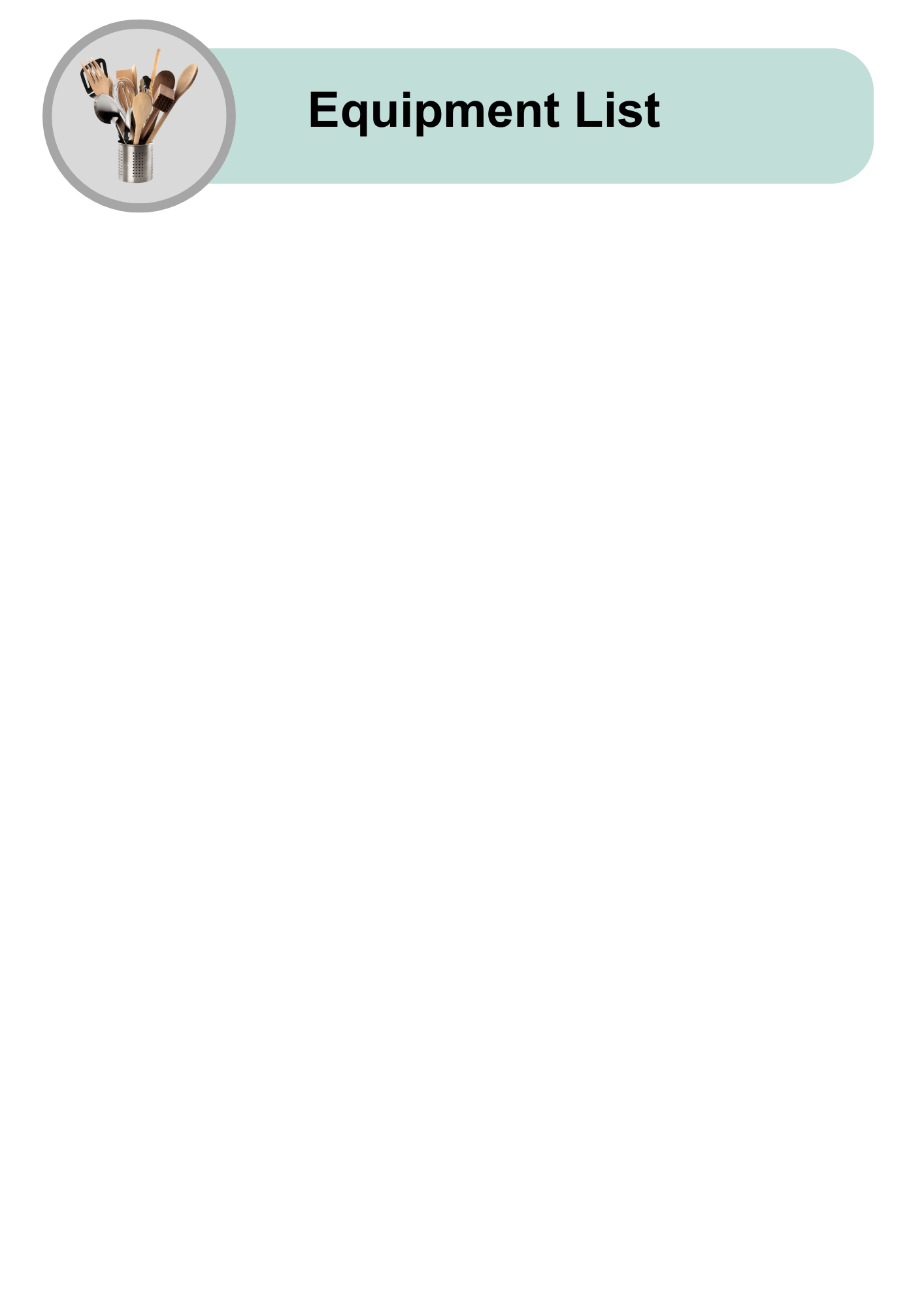


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| A clock icon showing "15 min" in blue, indicating the time required to prepare the Spicy Beans recipe. | This recipe takes 10 to 15 minutes to make. |
| An image of a bowl filled with spicy beans, accompanied by four black silhouette figures, indicating that the recipe serves four people. | It will serve 4 people. |
| A red plastic measuring cup. | 1 cup is 1 serving. |



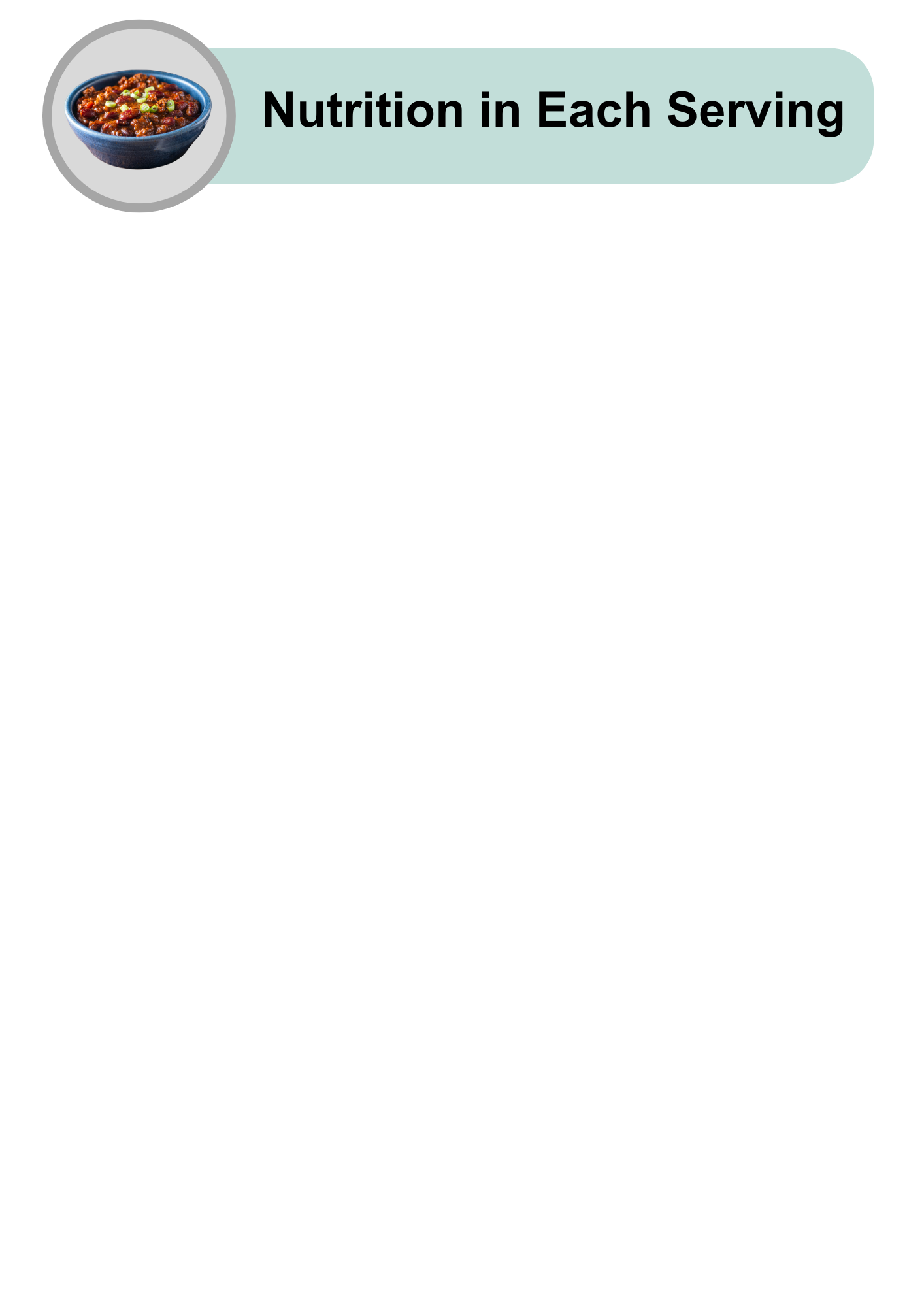
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| A sliced red onion showing its layers, an ingredient for the spicy beans recipe. | Half a red onion |
| A silver spoon filled with oil, representing an ingredient in the recipe. | 1 teaspoon of olive oil |
| A can of dark black beans with the lid pulled back, used for the spicy beans recipe. | 1 tin of black beans (400g) |
| A can of whole peeled tomatoes with the lid open, used in the spicy beans recipe. | 1 tin of diced tomatoes (400g) |
| Two ornate silver spoons filled with a Mexican Spice Mix, used to season the spicy beans. | 2 teaspoons of Mexican spice mix |



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| A wooden chopping board with a handle. | Chopping board |
| A sharp chef’s knife with a wooden handle. | Sharp knife |
| A red metal colander with handles, used for draining ingredients. | Colander or strainer |
| A four-burner gas stovetop with control knobs. | Stove |
| A red saucepan with a black handle. | Medium saucepan |
| A silver spoon with a reflective surface. | Large spoon |
| A smiling woman in a red striped apron, cooking in a pot surrounded by fresh vegetables. | A support person to help |



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| A whole red onion and a pile of diced onion, with a knife and a wooden chopping board. | Chop the onion into small pieces. |
| A can of red kidney beans with a warning symbol about the sharp can lid, and a person cooking. | Open the tin of black beans.  The tin can be sharp.  Ask for help if needed. |
| A sharp can lid being placed into a bin with a red arrow. | Put the tin in the bin safely. |
| A can of beans being emptied into a red colander. | Pour the beans into a colander to drain. |
| Water running from a tap over beans in a colander. | Rinse the beans with water to clean them. |
| A gas stove with a flame icon labeled "ON" and a person cooking. | Turn on the stove.  Set the heat to medium.  As for help if you need it. |
| A diagram showing a spoonful of oil being added to a red saucepan. The saucepan is then placed on a stove with a timer icon indicating 1 minute. | Put the saucepan on the stove.  Add 1 teaspoon of olive oil.  Let it heat for 1 minute. |
| A diagram showing chopped onion being added to a saucepan. The saucepan is placed on a stove with a timer icon indicating 2 minutes. | Put the chopped onion to the saucepan.  Cook the onion for 2 minutes until it is soft.  Stir sometimes with a spoon. |
| A diagram showing a can of beans, a can of tomatoes, and two spoons of spice being added to a saucepan. | Into the saucepan put:   * Diced tomatoes * Rinsed beans * Mexican spice mix. |
| A diagram showing a saucepan with a spoon stirring inside, with arrows indicating a circular motion. | Stir with the spoon to mix everything. |
| A diagram showing the saucepan on a stove with a timer icon indicating 5 minutes and a stirring motion. | Cook for 5 to 7 minutes until the beans are hot and soft.  Stir sometimes. |
| A diagram showing the cooked mixture being transferred from the saucepan into a blue bowl. | Put the spicy beans in a bowl. Keep them warm until ready to eat. |
| A diagram showing the cooked spicy beans being transferred from a red saucepan into a blue bowl. Text underneath suggests different ways to eat the beans: with rice, in a burrito, or as part of a nourish bowl. | You can eat the spicy beans:   * With rice * In a burrito * As part of a nourish bowl. |



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| A cartoon-style illustration of various foods, including chicken, fish, carrots, and an egg, with a lightning bolt icon above, representing energy or nutrients. | Quite high in energy |
| An assortment of high-protein foods, including raw salmon, chicken breast, steak, eggs, nuts, grains, and cheese, arranged on a light grey background. | High in protein |
| A collection of healthy fat sources, including raw salmon, avocado halves, mixed nuts, and a small bowl of olive oil, placed on a light grey background. | Low in fat |
| A variety of carbohydrate-rich foods, including pasta, bread, cereal, cookies, juice, and sugar cubes, arranged on a light grey background. | High in carbohydrates |
| An arrangement of sugary treats, including lollipops, chocolate, cookies, candies, and a bowl of sugar with a spoon in the centre, symbolising high-sugar foods. | Low in sugars |
| An assortment of whole grains, seeds, nuts, and breads arranged with small bowls of grains, representing healthy fibre-rich foods, on a light grey background. | High in fibre |
| A tilted glass shaker filled with white table salt, with a small pile of salt spilled on the grey surface, representing salt usage or measurement. | Low in salt |
| A bowl of spicy beans with a thumbs-up gesture. | Spicy beans are easy to make and good for you! |
| A close-up image of the finished spicy beans, garnished with fresh basil. | Try making this recipe at home.  Enjoy it with your favourite meals. |
| A hand holding a smartphone displaying the Dietitians Australia website homepage, with the text 'The leading voice in nutrition and dietetics' visible on the screen. | For more recipes and tips, visit the Dietitians Australia website. |

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