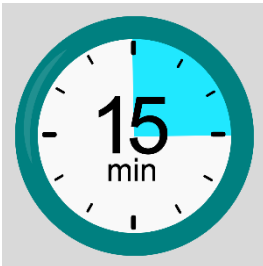




Spicy Beans Recipe



This recipe takes 10 to 15 minutes to make.



It will serve 4 people.



1 cup is 1 serving.



Ingredients List



Half a red onion



1 teaspoon of olive oil



1 tin of black beans (400g)



1 tin of diced tomatoes (400g)



2 teaspoons of Mexican spice mix



Equipment List



Chopping board



Sharp knife



Colander or strainer



Stove



Medium saucepan



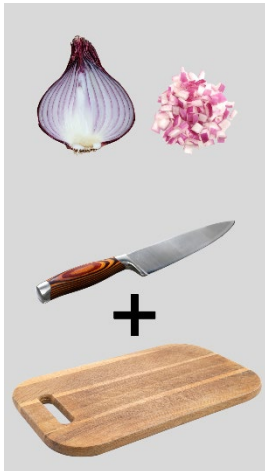
Large spoon



A support person to help



Method



Chop the onion into small pieces.



Open the tin of black beans.

The tin can be sharp.

Ask for help if needed.



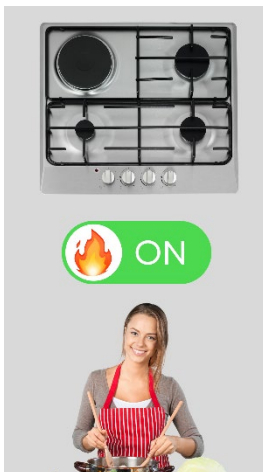
Put the tin in the bin safely.



Pour the beans into a colander to drain.



Rinse the beans with water to clean them.



Turn on the stove.

Set the heat to medium.

As for help if you need it.



Put the saucepan on the stove.

Add 1 teaspoon of olive oil.

Let it heat for 1 minute.



Put the chopped onion to the saucepan.

Cook the onion for 2 minutes until it is soft.

Stir sometimes with a spoon.

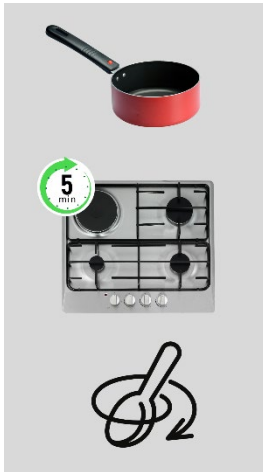


Into the saucepan put:

- Diced tomatoes
- Rinsed beans
- Mexican spice mix.



Stir with the spoon to mix everything.

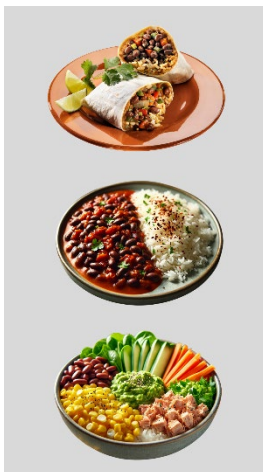


Cook for 5 to 7 minutes until the beans are hot and soft.

Stir sometimes.



Put the spicy beans in a bowl. Keep them warm until ready to eat.



You can eat the spicy beans:

- With rice
- In a burrito
- As part of a nourish bowl.



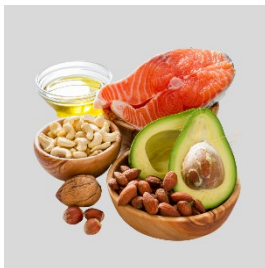
Nutrition in Each Serving



Quite high in energy



High in protein



Low in fat



High in carbohydrates



Low in sugars



High in fibre



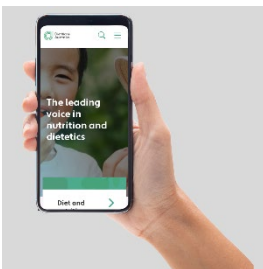
Low in salt



Spicy beans are easy to make and good for you!



Try making this recipe at home.
Enjoy it with your favourite meals.



For more recipes and tips, visit the Dietitians Australia website.

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