

Mexican spicy sauce with beans

Ingredients

1 large onion diced
1 ½ cups diced capsicums
1 green chili with seeds removed and finely diced
4 to 5 garlic cloves pressed
3 cups tomato puree
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon oregano
2 tablespoons chopped coriander leaves
salt to taste
olive oil
2 cups cooked Borlotti beans

Method

In the fry pan on a low heat with the lid on sweat the onion in olive oil until it starts to soften. Stir in the capsicum and chili and cook with the onion for a few minutes with the lid on. Then add the garlic and cook for 2 minutes while stirring. Add the cumin, ground coriander and oregano and stir through the mixture. Add the tomatoes and beans and simmer on a low heat with the lid off until sauce has thickened. Add salt to taste and stir through chopped coriander.

Serve with tortillas, grated cheese, diced avocado, shredded lettuce and grated carrot.