

## Chipotle Pinto Bean Stew

Serves: 4

### Ingredients:

- 2 x 400g tins of pinto beans
- Oil, for frying
- 2 onions, chopped
- 2 celery sticks, chopped
- 3 garlic cloves, chopped
- 2 tsp ground cumin
- ½ tsp ground cinnamon
- 1 tbsp chipotle paste
- 1 tbsp tomato puree
- 400g chopped tomatoes
- 1 vegetable stock cube
- 200g tin sweetcorn
- Salt and pepper to taste

### Method:

1. Heat a splash of oil in a large heavy base pan over a low heat, then add the onions, celery & garlic. Gently fry for around 5 minutes.
2. Add the spices and cook for 1 more minute, until it smells wonderful.
3. Stir in the tomato & chipotle paste, fry for 30 seconds, then add the chopped tomatoes, stock cube & pinto beans.
4. Pour 200ml of water over the mixture and stir well. Bring to the boil, then reduce to a gentle simmer for 20 mins, stirring occasionally.
5. Stir in the sweetcorn and cook for a couple of minutes to warm through.
6. Spoon the stew into bowls and top with