



Black Eye Bean Stew

Ingredients

- 200g black eye beans
- 200g haricot beans
- 5g vegetable bouillon
- 150g sweetcorn
- 200g chickpeas
- 250g aubergine
- 200g courgette
- 15g parsley
- 150g onions
- 10g garlic

Vegetable bouillon may contain traces of Eggs, Milk, Mustard & Sulphites.

Method | SERVES 4

- Soak black eye beans and haricot beans separately overnight in cold water.
- In a large pot, add the soaked black eye beans and haricot beans. Cover with water, bring to a boil, and then reduce to a simmer. Cook for about 30-40 minutes or until the beans are tender. Drain and set aside.
- Slice and sweat the onions and garlic for 10 minutes on a low heat in a little vegetable oil until softened.
- Stir in the diced aubergine and courgette, cooking for another 5-7 minutes until they start to soften.
- Add the cooked beans and drained chickpeas back into the pot, along with the sweetcorn. Add the bouillon and 800ml cold water and bring to the boil.
- Simmer for 30 minutes and season with salt and pepper.
- Add chopped parsley and serve.

Typical Nutritional Values

	per 100g	serving 389g
Energy	485kJ 115kcal	1885kJ 486kcal
Fat	1.7g	6.6g
of which Saturated	0.2g	0.8g
Carbohydrate	17.0g	66.1g
of which Sugars	2.3g	8.9g
Fibre	6.0g	23.3g
Protein	7.8g	30.3g
Salt	0.23g	0.89g

Suitable for: Vegan, Gluten free, Nut free

Allergens: Soya, Celery

Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment