SHOPPING LIST

Smoky Three-Bean Chili with Lime Rice

Serves 4 to 6

For the chili

- [ ] 2 tbsp oil
- [ ] 1 large onion, diced
- [ ] 1 red pepper, diced
- [ ] 3 garlic cloves, crushed
- [ ] 2 tsp smoked paprika
- [ ] 2 tsp ground cumin
- [ ] 1 tsp dried oregano
- [ ] 1 tsp chili flakes (or 1 chipotle in adobo, chopped)
- [ ] 2 tbsp tomato purée
- [ ] 400 g tin chopped tomatoes
- [ ] 400 g tin black beans, drained
- [ ] 400 g tin kidney beans, drained
- [ ] 400 g tin pinto beans, drained
- [ ] 300 ml vegetable stock
- [ ] Salt and black pepper

For the lime rice

- [ ] 300 g long-grain rice
- [ ] Zest and juice of 1 lime
- [ ] Small bunch of coriander, chopped

To top

- [ ] Soured cream or thick yoghurt
- [ ] 1 ripe avocado, sliced
- [ ] Extra coriander

Tick off what you already have at home.