



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Spicy Beans Serves 2

GL Per serving: 10

Ingredients

- 1 medium onion finely chopped
- 1 knob of coconut oil
- 1 clove of garlic, crushed
- 1 cm grated fresh ginger
- 1 x 400g tin of chopped tomatoes or passata
- 2 tbsp Tamari soy sauce
- ½ tsp smoked paprika
- 1 tbsp Balsamic vinegar
- 1 tsp Dijon or English mustard
- 1 x 400g tin of mixed beans in water, drained or soak and boil your own.



Method

- ❖ Melt the coconut oil in a medium saucepan.
- ❖ Add the chopped onion and cook for a few minutes with the lid on, to soften.
- ❖ Add the crushed garlic and grated ginger.
- ❖ Add the tomatoes to the pan with Tamari sauce, smoked paprika & Balsamic vinegar.
- ❖ Cook through for a further 5 minutes. Serve warm and enjoy!



*Serve as a side dish
or bake in the oven
with an egg cracked
in it! Enjoy*