

**MEXICAN BEAN CHILI**

**Health Benefits:**  
Consuming black beans has been shown to improve heart health, protect against cancer, increase fiber intake, improve digestion, boost energy and stabilize blood sugar.  They are also a great plant-based protein.

**Ingredients:**  
(use organic ingredients where possible)

* ​1 tbsp. coconut oil
* 1 onion, finely diced
* 2 cloves of garlic, finely chopped
* 1 tbsp. ground cumin
* 1/4 tsp cayenne pepper
* 1 x 14oz (400ml) tin of black beans (or soak and cook dried black and kidney beans prior)
* 1 x 14oz (400ml) tin of kidney beans
* 1 x 14oz (400ml) tin of chopped tomatoes
* 2 kale leaves, coarsely chopped
* 1 red pepper, diced
* salt and pepper
* 1/2 bunch cilantro (coriander) leaves for garnish (optional)
* 1/2 avocado, to serve (optional)

**Method:**

1. **​​**In a large saucepan, add the coconut oil and onion and cook on medium heat for 2 minutes or until translucent.
2. Add the garlic, cumin, cayenne pepper and cook for another 2 minutes until fragrant.
3. Add the black beans, kidney beans, tomatoes, kale, and red pepper.
4. Cook for about 12-15 minutes.
5. Serve up chili in bowls and top with fresh coriander leaves and avocado.