



# OUTDOOR COOKING WITH THE BAY

## Double Bean Chilli Recipe

**Serves 4**

**1 can red kidney beans (drained)**  
**1 can black beans (drained)**  
**1 can chopped tomatoes**  
**1 tbsp tomato puree**  
**1 pack of mushrooms**  
**1 red pepper**  
**1 onion**  
**1 tsp garlic powder or 2 garlic cloves crushed**  
**1 tbsp vegetable oil- see tip!**  
**1 tsp smoked paprika**  
**1-2 tsp chilli powder**  
**1 tsp cumin**  
**1 square dark chocolate (alternative 1/2 tsp cinnamon)**

1. Dice the onion and red pepper.
2. Add to deep pan 1 tbsp vegetable oil, heat and add diced onion and pepper, cook approx. 5 mins or until onions browned.
3. Roughly chop mushrooms and add to pan, cook until soft.
4. Add spices- garlic, smoked paprika, chilli and cumin. Cook for 1-2 minutes until you can strongly smell the aroma's.
5. Pour in chopped tomatoes and tomato puree. Fill the empty can with water and pour in.
6. Stir in dark chocolate or 1/2 tsp cinnamon.
7. Season with salt and pepper to taste .
8. Add red kidney beans and black beans.
9. Bring to boil, cover and reduce to a simmer (light bubbling) for around 20 minutes.

Serving suggestions: rice, jacket potatoes, cous cous, quinoa, tortilla chips.

### FORAGING TOP TIP...

Jelly Ear is a fungus often found on Elder Trees. They are edible and would be great addition to any stew!

*\*Do not eat anything unless you are 100% confident you can correctly identify it\**



Credit: Christ Lawrence

### DID YOU KNOW...

If you look at the ingredients of the cheaper supermarket own brand "vegetable oil" you'll find that it is rapeseed oil.

Yet those actually sold as "rapeseed oil" are a lot more expensive!



The Wildlife Trust for  
**Lancashire  
Manchester &  
North Merseyside**

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