



Kidney Bean Chili

Visual Recipe

by DAREBEE

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1 can - 8oz - 240g cooked kidney beans

½ cup - 3oz - 80g sweetcorn

1 bell pepper

2 onions

¼ cup - 2oz - 50ml tomato sauce

1 tbsp molasses

½ tsp chili powder

3 cups - 20oz - 600ml water

2 PORTIONS

LEVEL UP! Add fresh parsley.

1



2



INSTRUCTIONS

1. Dice onion and green bell pepper. Combine all of the ingredients in a large cooking pot and season for taste. You can take corn directly from the freezer. Bring to a boil, lower the heat to low, cover the pot with a lid and let simmer for 20 minutes.
2. Garnish with fresh parsley.