

Smoky Bean Stew



Serves 4

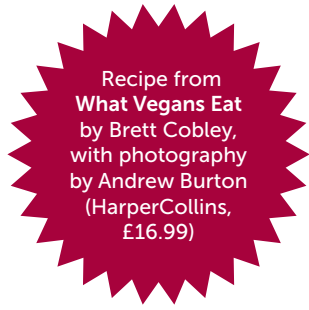
Olive oil, for frying
3 shallots, finely chopped
1 jalapeño chilli, finely chopped
2 garlic cloves, finely chopped
1 x 400g tin aduki beans (or you can use black beans or haricot), rinsed and drained
1 x 198g tin sweetcorn, drained
1 tsp chilli paste
½ tsp smoked paprika
1 tbsp garlic purée
Pinch of black pepper
300g passata
Juice of ½ lemon or lime

To serve

1 avocado
4 tbsp plant-based yoghurt
2 handfuls of spinach leaves
Small bunch of coriander

- 1 Heat some olive oil in a pan, then add the shallots, chilli and garlic and cook over a medium heat until softened.
- 2 Tip in all the remaining ingredients, along with 125ml (½ cup) water. Stir to combine, then simmer for 20 minutes to thicken, stirring occasionally.
- 3 Serve hot with any toppings of your choice.

For more information go to vegansociety.com. Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!



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The Vegan Society

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