



Black Bean, Courgette and Kale Chilli

Kale is grown widely in the UK, it is resilient in harsh winter and dry summer, and a single plant can be continuously harvested.



Servings: 3-4

Ingredients

- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 red chilli, deseeded and finely chopped
- Olive oil
- 1 courgette, cut into half circles
- 2 handfuls/1/2 a bag kale, tough stalks removed and leaves sliced
- 2 cans black beans
- 500g passata
- 1 tbsp smoked sweet paprika
- 2 tsp ground cumin
- Salt and black pepper

Instructions

1. In a large sauce-pan, sauté the onion, garlic and chilli in olive oil, along with a pinch of salt, until softened.
2. Add the courgette and continue to sauté until starting to soften, then add the kale.
3. Add the black beans, pasta, paprika and cumin, and then season with salt and pepper. Reduce the heat and simmer until the vegetables are soft, stirring regularly.

Serve:

Serve with a baked potato, a key food grown in Yorkshire with a low carbon footprint compared to imported grains like rice.

Notes:

Use green or yellow courgettes.

