



Black-Eyed Bean, Tomato and Red Onion and Spinach Sauté

Black-eyed beans are nutrient dense and enrich soil. Tomatoes, red onions, and spinach can all be sourced from British farms during July and August harvests.



Servings: 4

Ingredients

- 1 large red onion, finely chopped
- 2 garlic cloves, finely chopped
- Olive oil, for sautéing 400g can black-eyed beans, drained
- 300g tomatoes, chopped
- 2 handfuls of baby spinach
- ½ teaspoon dried mixed herbs
- Salt and black pepper

Instructions

1. In a large, heavy-based frying pan over a medium heat, sauté the onion and garlic in a little olive oil, along with a good pinch of salt, for about 10 minutes until softened.
2. Add the beans and the chopped tomatoes and sauté for 10 minutes, stirring often, until the tomatoes have softened and reduced.
3. Add the baby spinach and dried herbs, season, and cook for a few minutes until the spinach has wilted.

