

One of our lovingly created Kindred Recipes!

Chicken and Bean Casserole - Feeds a Family of Four

INGREDIENTS:

- 1/2x tablespoon of vegetable oil
- 3/4x fresh onion
- 1 1/2x cloves of garlic
- 1 1/2x celery sticks
- 1x pepper
- 1x 400g tin of chopped tomatoes
- 1/4 x teaspoon of sweet paprika
- 1/2x 400g tin of aduki beans
- 200g chicken breast
- 32ml water

METHOD:

1. Put a large saucepan on the heat and add the vegetable oil.
2. Add the finely chopped onions and cooked gently until soft.
3. Add the finely chopped celery and mixed peppers.
4. Add the chopped chicken and fry for a further 5/10 minutes.
5. Add the paprika and garlic cloves until the aromas are released.
6. Pour the 125ml water, add the chopped tomatoes into the saucepan.
7. Cook for a further 40 minutes then stir the drained and rinsed Aduki beans and cook for 5 minutes before serving



Creating inspiring worlds full of awe and wonder for little ones to grow and thrive in.

