



Chilli Bean Fajitas

Fajitas are a Mexican sandwich using wheat or corn tortillas (wraps). They are a good way of experimenting with new ingredients, re-invigorating leftovers or making a quick meal or packed lunch. Traditional fillings include beans, salsa, cheese, eggs, avocado, cooked pork or chicken and salad. This chilli bean recipe is versatile and lends itself to bulking up and countless variations. Beans are inexpensive and nutritious. They are a good source of carbohydrates, vitamins B and fibre, and when eaten with bread or rice provide a source of vegetable protein. This will make 8 fajitas, enough for 4 hungry people.

2 tins of red kidney, pinto or borlotti beans (drained and washed)

1 onion (chopped)

2 tomatoes (chopped) or ½ tin of plum tomatoes

1 sweet pepper (chopped)

1 clove of garlic

1 tbsp tomato puree

1 mild red chilli or ½ tsp chilli powder (optional)

Salt and pepper

Olive or sunflower oil

1 pack of 8 ready-made tortillas (corn or wheat flour)

2 big handfuls of torn up crispy lettuce (Cos, little gem, iceberg)

6 tbsp about 100g grated cheddar cheese

4 tbsp chopped fresh coriander (optional)

Method:

Heat 2 tbsp of oil in a saucepan and fry the chopped onions until browned. Add the chopped garlic, green pepper and chilli and cook for a minute before adding the chopped tomatoes, tomato puree and the beans. Cook on a medium heat for 5 minutes until the sauce starts to thicken. Season with a pinch of sugar and salt and extra chilli to taste. Transfer the beans to a serving dish to cool a bit while you heat up the tortilla wraps. This can be done in warm pan one at a time or all together in a warm oven. To make a fajita, spread a large spoon of beans onto the bottom third of a tortilla, sprinkle over some cheese, coriander and lettuce. Fold in the end with the beans and roll up the tortilla.

Variations:

Meaty Chilli - add 200g of lean beef or turkey mince to the onions and brown lightly before adding the vegetables. You will need to cook this for a little longer to make sure the meat is thoroughly cooked.

Chicken Fajitas - take two chicken fillets and rub them with oil, tomato puree, salt and chilli powder. Place them under a hot grill or on a griddle pan until cooked and then slice diagonally into thin strips.

Burritos – roll up a tortilla with 3 heaped tbsp of beans inside up and place side by side in a baking tray. Pour over 200ml of crème fraîche and layer with sliced tomatoes before baking in a hot oven for 20 minutes.

Nachos - spoon the chilli beans over nacho corn chips, top with grated cheese and grill until the cheese melts. Serve with a chopped onion and pepper salad, dressed with fresh lime juice

