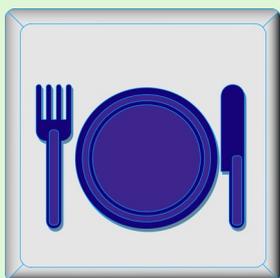


## Info | Healthy options



In Sal Hanvey's 3rd healthy options recipe she takes us through how to make Mexican Bean Stew. This delicious and nutritionally balanced food is great for a change with the autumn coming. It's also an inexpensive dish to make and batch cooking can save on energy costs.

Sal is a regular contributor on U105FM on the Frank Mitchell show talking all things health and nutrition.

She has a real passion for finding ingredient substitutes and alternatives for those people with food intolerances, or allergies, without compromising on nutritional value or taste.

### Today's recipe - **Mexican Bean Stew**

#### Ingredients....

- 1 tbsp olive oil
- 2 onions, finely sliced
- 1 red pepper, deseeded and cut into 3cm, dice
- 1 medium sweet potato (300g), peeled and cut into 2cm, dice
- 1 tsp ground coriander
- ½–1 tsp hot chilli powder
- ½ tsp smoked paprika (hot)
- 400g can of chopped tomatoes
- 400g can of black beans, rinsed and drained
- 400g can of kidney beans, rinsed and drained
- 400ml cold water
- 1 large courgette, halved lengthways and cut into 1.5cm slices
- 2 tsp cold water
- freshly squeezed juice of ½ lime
- 4 tbsp coconut yoghurt (or dairy yoghurt)
- Rock sea salt
- Cracked Black Pepper
- fresh coriander leaves, to garnish
- lime wedges, for squeezing



#### Method

Heat the oil in a large, deep saucepan

Add the onions to the pan and cook for 2 minutes.

Through in the chopped peppers and sweet potato into the pan and stir-fry with the onions for another 5 minutes. Add the spices and cook for 1 minute, stirring constantly.

Add the chopped tomatoes and beans and stir in the 400ml of water.

Season with a good pinch of salt and pepper.

Bring to a simmer and cook for 10 minutes, stirring occasionally.

Add the courgette, return to a simmer and cook for a further 10 minutes, stirring regularly.

Cook for 5 minutes or until the sweet potato is just tender.

Stir regularly and remove the pan from the heat, stir in the lime juice and serve the stew topped with coconut yoghurt and scattered with fresh coriander leaves

Add lime wedges for squeezing.



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