



COWBOY BEANS

Serves 4-6

- 2 tsp oil
- 2 rashers smoked bacon or sausages
- 1 onion, finely diced
- 3 garlic cloves, finely chopped (*optional*)
- 1 red pepper, sliced
- 1 tbsp smoked paprika
- 400g of any tinned beans
- 400g chopped tomatoes
- 2 tbsp BBQ sauce
- crusty bread, to serve (*optional*)
- 60g Cheddar cheese, grated (*optional*)
- 1 tsp cumin
- 1/2 tsp ground cinnamon



1. Chop the onion, garlic and red pepper. Then heat a large saucepan over a medium heat. Add the bacon/sausage and fry for 4-6 minutes, until evenly golden.
2. Add the onions, garlic and peppers and cook for 8 minutes. Then add the paprika and cook for 2 minutes. Mix in the beans, chopped tomatoes and BBQ sauce.
3. Bring to the boil, then reduce to a simmer and cook for 20 minutes, stirring occasionally, until the sauce has thickened.
4. Serve in bowls topped with Cheddar cheese, if using.