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Erasmus+ Programme
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Chicken and beans



Number of people: 4

Keywords: Carnivore Main course

Season: Winter

Ingredients and quantity:

500 g Cooked beans (any kind)

leftover cooked chicken, chopped

2 Red paprika (bell pepper), or carrot

2 Leeks

alternatives:

- pineapple pieces

- roasted peanuts

- tinned or frozen peas

- finely shredded red chili

- finely sliced garlic

- chopped spring onions

rapeseed oil or coconut oil

chicken or vegetable stock cube (bouillon)

spices: salt, coriander, white pepper, dried lemon or lime (if you have it)

Preparation: 25 mins

Difficulty: Easy

- * Wash, slice and fry the leeks (including the green parts) and bell peppers in a little oil; also the chili, if you are using it.
- * Add water, stir well, mix in the stock cube.
- * Add the spices and simmer for 10 mins.
- * Add the chicken, beans, garlic, and any other items from the 'alternative' list.
- * Simmer for 5 mins.
- * Serve with boiled rice, oven potatoes or pasta.
- * Variation: halve the stock cube and replace the water with coconut milk. In this case use both pineapple, chili (fresh, powdered or flaked) and garlic.