

## CHILLI BACON BEANS



- Super plant based protein option.
- So versatile , it works as a breakfast, lunch or dinner.
- Leftovers taste great the next day.

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Serves:** 2

### **Nutritional information:**

- Protein: 29g
- Fat: 19.6g
- Carbohydrate: 44g
- Fibre: 0.9g
- Calories: 472

### **Ingredients:**

- 1 tbsp olive oil
- 1 onion, finely chopped
- 100g bacon, chopped
- 400g tin of mixed beans, drained and rinsed
- 250ml passata
- salt and pepper

### **Method:**

1. Heat the oil in a large pan over a medium heat.
2. Add the onion and cook for 2 minutes.
3. Add the bacon and cook for 3 minutes.
4. Stir in the beans and passata and cook for 5 minutes, stirring occasionally, until everything is piping hot.
5. Divide the beans between warmed serving plates. Season to taste.

## **Be Empowered**

**Start your story today with my leading Food, Fitness and Focus**

## Website

[Join Now](#)