

Chili Beans (Red Kidney Beans)

For use with **Chili Con Carne**¹, **Full of Beans Salad**², or real **Beans on Toast**³.

Quantities depend on the recipe and what else is being served.

60g red Kidney Beans soaked overnight.

Ingredients

60 g dry **FAIRTRADE** red kidney beans
weight per
person

Method

Soak the beans overnight in plenty of cold water.

Boil enough water to cover the beans by 2 to 3 cm. (1 inch)

Add the beans and continue to boil vigorously for 15 minutes.

Then drain away the water and start again, bring water to the boil to well cover the beans, add the beans and when boiling reduce heat to a simmer.

Simmer for 90 minutes to 2 hours.

Check a bean or two to see if they are done, there should be no crunchy bits.

¹http://www.fairtradecookbook.org.uk/recipes/chili_con_carne.htm

²http://www.fairtradecookbook.org.uk/recipes/full_of_beans_salad.htm

³http://www.fairtradecookbook.org.uk/recipes/beans_on_toast_real.htm