



SPICY SMOKEY BEAN WRAPS

Preparation Time 10 minutes | Cooking Time 30 minutes | Serves 4

A quick and easy recipe for warming Spicy Smokey Bean Warps that will make an exciting change for all the family - they will love them!

Ingredients

For the smokey bean filling -

- 1 tablespoon oil
- 1 onion, chopped
- 2 peppers, thinly sliced
- 2 cloves garlic, crushed
- 100g mushrooms, sliced
- 1 teaspoon smoked paprika
- 1 teaspoon paprika
- 1 teaspoon cumin
- Pinch of chilli powder
- 1 teaspoon mixed herbs
- 1 x can chopped tomatoes
- 1 x can kidney beans



To serve:

- Wraps
- Spinach leaves
- Guacamole
- Hummus
- Cheddar Style Sheese with Jalapeno & Chilli, grated

Cooking Method

1. Heat the oil in a large pan and add the onion and garlic and fry for 5 minutes until softened.
2. Add the peppers and mushrooms along with the spices and herbs and continue cooking for 5 minutes, making sure everything is coated.
3. Add in the chopped tomatoes and kidney beans and simmer for 15 minutes until the veggies are soft and the sauce has thickened.
4. Warm up some wraps then arrange some spinach leaves, hummus and guacamole in each one along with some of the bean mixture then sprinkle with grated Sheese and enjoy!