

MEXICAN BEAN DIP

Equipment

Chopping board
Kitchen knife
Measuring spoons
Can opener
Frying pan

Ingredients

1 onion, chopped
1 tablespoon olive oil
1 teaspoon soft brown sugar
1 teaspoon wine vinegar
1 teaspoon Cajun seasoning
400 g tin mixed beans, rinsed
and drained
400 g chopped tomatoes, with
garlic
Salt and ground pepper to taste

Directions:

Fry the chopped onion in olive oil until soft. Add brown sugar, wine vinegar and Cajun seasoning. Cook for 1 minute then add the mixed beans and chopped tomatoes with garlic. Simmer for 10-15 minutes until the sauce has thickened then season.