

butterbeanchilli



Serves 2 as a main or 4 as a snack

Ingredients

TORTILLAS

- 125 g (5 oz) masa harina, plus extra for dusting
- pinch salt
- 125 ml (4.5 fl oz) tepid water

CHILLI BEANS

- 150 g (6 oz) dried butter beans, pre-soaked
- 30 ml (2 tbsp) of olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 kg (2.2 lb) ripened tomatoes, peeled, deseeded and roughly chopped
- 100 g (4 oz) jalapeño peppers, deseeded and roughly chopped
- Coriander sprigs to garnish
- Sea salt and freshly ground black pepper

Method

- 1 Mix the masa harina, salt and tepid water together in a bowl to make a dough. Turn out onto a lightly floured surface and knead for a few minutes until smooth. Cover the dough and allow to stand for 15 minutes.
- 2 Cook the beans in a pan of boiling water for 15-20 minutes until tender, drain and keep warm in a covered pan.
- 3 Divide the tortilla dough evenly into 8 pieces and roll each piece out on a lightly floured surface to a thin 12 cm (6") wide round. Heat a griddle pan and fry the tortillas in batches for 3-4 minutes each side until crisp and just catching colour.
- 4 Meanwhile, heat the olive oil in a sauté pan and gently fry the onion and garlic for 5 minutes until softened but not catching colour. Add the tomatoes and seasoning and simmer for about 5 minutes, stirring occasionally, until the sauce is thick and pulpy.
- 5 Add the jalapeños and reserved beans and simmer for 1-2 minutes to warm through. Check seasoning.
- 6 Serve the crisp tortillas and chilli beans garnished with coriander.

beans

beanscience

- Beans are perfect if you're on a low-fat diet. Not only do most beans have just 2-3% fat, but their high fibre content can help lower your cholesterol. The fibre helps the body get rid of bile acids in the liver, which otherwise could turn into cholesterol. Add the fact that most beans contain at least 20 per cent protein *and* are full of iron and B vitamins – and it's clear why being full of beans is a good thing!
- But there's always a downside, and with beans, that's flatulence. Beans contain certain types of carbohydrates called *oligosaccharides* which react with the bacteria in the large intestine. It's this reaction that produces a mixture of gases that include methane and sulphur. And it's the sulphur that produces the pong of rotten eggs.
- Beans also contain proteins called lectins. The good news? Lectins in broad beans could help prevent or even reverse the effects of bowel cancer, one of the UK's biggest killers. The bad news? Lectins can be poisonous, and can give you a nasty stomach problem. But they're killed off by cooking, so make sure you always boil your beans before tucking in.

beanhistory

- Bean history dates back thousands of years – they're thought to be native to Peru, but were carried around the world by soldiers. Remains of beans have been found in excavations dating back to 7,000 BC, and it's thought the Egyptians even had temples devoted to them as symbols of life.
- Henry J. Heinz first created baked beans in tomato sauce in Pittsburgh, USA, in 1895. They were introduced to Britain 9 years later, and were first made in UK factories in 1928. The slogan 'Beanz Meanz Heinz' was used for more than 22 years to advertise the product.
- World War 2 increased the demand for beans as they became a staple in the C-rations (combat rations) used by US servicemen around the world. After the war, as the US's food relief efforts around the world intensified, so did dry bean production.