

# Spicy Cowboy Beans

Whenever I eat these beans it always reminds me of that classic campfire scene in blazing saddles. All the cowboys sat around the campfire eating beans and well I guess you can imagine what happens.



**Serves:** 2

**Prep Time:** 10 minutes

**Rest/Marinate Time:** 0

**Cooking Time:** 1 hour

## Ingredients

- 2 x 400g of cannellini beans.
- 150 g of diced pancetta.
- 1 red onion, cut in half and roughly chopped.
- 1 red pepper, roughly chopped.
- 1 carrot, small diced.
- 3 garlic cloves, crushed.
- 1 red chilli, seeds removed and roughly chopped.
- 1 tbsp of smoked paprika.
- 1 tbsp of cumin.
- 1 cinnamon stick.
- 500 g of passata.
- 3 tbsps of BBQ sauce.
- 1 tbsp of Tabasco.

## Method

- In a large casserole dish add the pancetta with a drizzle of olive oil and fry over a low-medium heat till nice and crispy, around 10 minutes. Once done take out of the dish and place to one side leaving all the fat and oil in the dish.
- Next add the onions, peppers, carrots, chillies, season and leave that to cook for 10 minutes or till it all starts to soften. Then add the garlic give it another minute then follow with the smoked paprika, cumin, cinnamon stick, return the pancetta and give it another minute.
- Now pour in the passata, the BBQ sauce, Tabasco give it a good mix and simmer for 40 minutes stirring it every so often. Once done check for seasoning, adjusting accordingly and then you are good to go.
- These beans are brilliant just as they are with some baguette but you can pimp them up with adding some beautiful sausages, leftover roast chicken or even some pulled pork.