



Creamy Chipotle Butterbeans

Ingredients

1 can/box butter beans, drained
1 tbsp olive oil
1 onion, chopped
1 tsp minced garlic
1 tbsp sundried tomatoes, chopped
1-2 tbsp hot and smoky chipotle paste (depending on how spicy you like things)
1 cup coconut milk
1/3 cup chicken stock (vegetable stock if you are vegan/vegetarian)
Handful of shredded kale or spinach
Salt and Pepper to taste

Method

1. Heat olive oil in a large skillet over a medium heat. Add diced shallots and cook for just 1-2 minutes.
2. Next, add minced garlic and chopped sundried tomatoes. Saute for 2-3 minutes
3. Add the drained butter beans and chipotle paste, followed by the coconut milk and stock.
4. Add salt and pepper and simmer for 2-3 minutes until it thickens.
5. Add the shredded kale/spinach and simmer for another 2-3 minutes, stirring occasionally.
6. Once the kale/spinach has wilted and the stew has thickened, time to enjoy!