

Spicy Bean and Veggie Stir-Fry

A vibrant and protein-packed bean stir-fry with fresh vegetables and a touch of spice. Perfect for a quick and nutritious main dish.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup cooked mixed beans (black beans, kidney beans, chickpeas)
- 1/2 red bell pepper, sliced
- 1/2 small onion, sliced
- 1 garlic clove, minced
- 1 tsp olive oil
- 1/4 tsp chili flakes
- Salt and pepper to taste
- 1 tsp soy sauce
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add the minced garlic and sliced onion, sauté until translucent.
- 3 Add the sliced red bell pepper and cook for 3-4 minutes until slightly tender.
- 4 Stir in the cooked mixed beans, chili flakes, soy sauce, salt, and pepper.
- 5 Cook for another 5 minutes, stirring occasionally until everything is heated through and flavors meld.
- 6 Garnish with fresh cilantro before serving.