

Kidney Bean Chili

A quick, hearty chili built for a homegrown kidney bean glut

DIFFICULTY Easy

COURSE Main

CUISINE Mexican-inspired

If using dried kidney beans, they must be boiled hard for at least 10 minutes before adding to this recipe - raw or undercooked kidney beans contain a natural toxin. Tinned, pre-cooked beans are already safe to use.



PREP
15 min



COOK
45 min



TOTAL
1 hr



SERVES
4



FREEZES WELL
Yes

01 Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 capsicum, diced
- 400g tinned diced tomatoes
- 400g cooked kidney beans (or 150g dried, soaked and cooked)
- 1 tbsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp chilli powder, or to taste
- 250ml vegetable stock
- Salt and pepper, to taste
- Fresh coriander, to serve (optional)

02 Method

1. Heat oil in a large pot over medium heat. Add onion and cook 5 minutes until soft.
2. Add garlic and capsicum, cook 3 minutes.
3. Stir in cumin, smoked paprika, and chilli powder. Cook 1 minute until fragrant.
4. Add tomatoes, kidney beans, and stock. Stir to combine.
5. Simmer uncovered 30-35 minutes, stirring occasionally, until thickened.
6. Season with salt and pepper. Serve topped with fresh coriander if using.

04 Common mistakes

- **Skipping the spice bloom** — cooking the spices for a minute before adding liquid deepens the flavour; don't skip it.
- **Simmering with the lid on** — traps moisture and stops the chili thickening properly.
- **Under-seasoning** — taste and adjust salt right at the end, after the liquid has reduced.

03 Notes & substitutions

- Swap capsicum for a diced carrot or celery stick if that's what you have.
- Using dried beans: soak the dried amount listed above overnight, then boil hard for at least 10 minutes before adding - this destroys the natural toxin raw and undercooked kidney beans contain.
- For a smokier flavour, add 1/2 tsp ground chipotle with the other spices.
- Vegetarian and vegan as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 4 days.
FREEZER	Freezes well for up to 3 months - cool completely before freezing.
REHEATING	Stovetop over medium heat, or microwave, stirring occasionally, until piping hot throughout.