

# Edible Gems™

PURE DELICIOUSNESS

## Edible Gems Borlotti Beans in Sauce

### Ingredients

3 tablespoons of olive oil  
1 large onion diced  
1 clove garlic diced  
½ teaspoon fresh or dried chilli (optional)  
2 tablespoons sundried tomato paste  
1 can diced peeled tomatoes  
1 potato, diced small  
3 litres chicken stock or water  
2 x 300g packs Edible Gems Borlotti Beans  
Chopped fresh parsley  
Salt and pepper to taste



### Instructions

Fry onion in olive oil until translucent. Add garlic, chilli (optional) and stir through. Add tomato paste and canned tomatoes, stir and fry for two minutes until thickened. Add potatoes, chicken stock, borlotti beans, parsley and pepper to taste. Cover beans with stock or water. Bring to boil, turn down heat to medium and cook for 20 to 30 minutes until tender. Add salt and stir through. Serve with crusty bread.

Serves 4.

### Tips

The beans can be added to a Bolognese sauce and served with spaghetti. Or, can be used on top toasted bread for a delicious bruschetta.

***Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack)***

***For stockists, visit: [www.ediblegems.com.au](http://www.ediblegems.com.au)***

