



BRAAI BEANS

HEAT LEVEL 

A classic side everyone knows, but now with a tasty Spur twist!

10 Mins

4 - 6 Servings

INGREDIENTS

15 ml (1 Tbsp) cooking oil
1 medium onion, finely chopped
1 small green pepper, de-seeded and finely chopped
2 x 400 g can mixed beans, well-drained
125 ml (½ cup) water
125 ml (½ cup) Spur Hickory Basting
125 ml (½ cup) Spur Sweet 'n Sticky Marinade
Salt and freshly ground black pepper to taste
Chopped fresh parsley, for garnishing

METHOD

- 1 Over medium-high heat or medium coals, add oil to a large cast-iron skillet, followed by the onion and sauté for a few minutes.
- 2 Add the green pepper and fry for 2-3 minutes, until softened.
- 3 Add the beans, water, Spur Hickory Basting, Spur Sweet 'n Sticky Marinade, and seasoning.
- 4 Simmer on stove or over coals for about 5 minutes, or until most of the liquid has reduced, but the beans are still saucy.
- 5 Season and garnish with parsley.

VARIATIONS

Substitute the mixed beans with 410 g red speckled beans and 410 g butter beans.

TIP:

Serve with [Braai Lasagne](#), or any meaty braai dish

