

# Spanish Meatball & Butterbean Stew



**Serves 3    Prep 15 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

350g lean pork mince  
1 egg, beaten (optional)  
2 tsp olive oil  
1 large red onion, chopped  
2 peppers, sliced, any colour will do  
1 tbsp sweet paprika  
2 x 400g cans chopped tomatoes  
400g can butter beans, drained  
2 tsp golden caster sugar  
small bunch parsley, chopped  
crusty bread, to serve (optional)  
50g feta, to serve (optional)

1. Season the pork, adding in an egg and or breadcrumbs if using, working the seasoning in with your hands, then shape into small meatballs. Heat the oil in a large pan, add the meatballs and cook for 5 mins, until golden brown all over. Push to one side of the pan and add the onion and peppers. Cook for a further 5 mins, stirring now and then, until the veg has softened, then stir in the garlic and paprika. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.
2. Uncover, stir in the beans, the sugar and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking and some feta on top.