**Spanish meatball & butter bean stew**

**Contains 3 of your minimum of 5 a day**

Serves 3 (1P 1HO)

* 350g lean pork mince
* 2 tsp olive oil
* 1 large red onion, chopped
* 2 peppers, sliced, any colour will do
* 3 garlic cloves, crushed
* 1 tbsp sweet smoked paprika
* 2 x 400g cans chopped tomatoes
* 400g can butter beans, drained
* small bunch parsley, chopped

1. Season the pork, working the seasoning in with your hands, then shape into small meatballs.
2. 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.
3. Stir everything around in the pan for 1 min, then add the tomatoes. Cover with a lid and simmer for 10 mins.
4. Uncover, stir in the beans and some seasoning, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley.
5. Serve with crusty bread for dunking, if you like.