**Spanish meatball & butter bean stew**

**This recipe is gluten free and very versatile for people with food allergies – if you have a problem with tomatoes try a nice white sauce**

Serves 4 (1P 1HO)

* 400g 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
* Salt and pepper
* 2 x 400g cans chopped tomatoes
* 400g can butter beans, drained
* small bunch parsley, chopped
* crusty bread, to serve (optional)

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.
3. 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
4. Stir in the garlic and paprika. Stir everything around in the pan for 1 min, add the tomatoes. Cover with a lid and simmer for 10 mins.
5. Uncover, stir in the beans and some salt and pepper to taste, then simmer for a further 10 mins, uncovered. Just before serving, stir in the parsley. Serve with crusty bread for dunking, if you like.