

Mexican Chilli Bean Pizza

Dough*

2 cups white self raising flour
1 cup wholemeal flour
2 tspn baking powder
2 Tbspn polyunsaturated margarine
enough trim milk to form a soft dough

Topping

1 x 440g tin mild chilli beans
1 tin whole kernel sweetcorn, drained
1 x 440g can chopped tomatoes
1 medium onion, finely diced
any other vegetables that are on special e.g. celery, peppers, courgettes
2 cups grated edam cheese

Dough

Place flour and baking powder in a bowl, add margarine and rub into the flour until it resembles breadcrumbs. Stir in enough milk to form a soft dough. Knead lightly then roll out to form a large circle approximately 25cm in diameter.

*Alternatively use a commercial pizza base

Topping

Mix chilli beans, sweetcorn, tomatoes, onion and vegetables together. Spread over dough; top with grated cheese and then bake at 200C for around 15 minutes (until base is cooked and cheese is bubbling). Serves 4.

Health Habits: