

Vegetarian Bean Chilli

A simple and tasty Chilli for the long winter evenings

Portions 4

Ingredients	5ml	Oil
	1.5g	Garlic Puree
	42g	Onion – diced
	70g	Carrots – diced
	17g	Mixed Peppers – diced
	2g	Mild Chilli Powder
	1g	Ground Cumin
	1g	Ground Coriander
	200g	Chopped Tomatoes
	8g	Tomato Puree
	42ml	Vegetable Stock
	200g	5-Bean Salad
	200g	Veggie Mince

Method

1. Heat oil in a saucepan. Add onions and carrots and cook until soft.
2. Add peppers, garlic puree and spices. Cook for 2-3 minutes.
3. Stir in the tomato puree, add vegetable stock and bring to the boil. Add the chopped tomatoes and bring back to the boil.
4. Reduce heat and simmer for around 10 minutes.
5. Add the veggie mince and 5-bean salad. Cook for a further 10 minutes or until cooked through.

Serve with fluffy steamed rice

