




# VEGETABLE CHILLI



Cheap and easy to make, this versatile dish can be served with rice or baked sweet potatoes, wrapped with a salad, or made into enchiladas, tacos or nachos.

-  Serves 8
-  Prep 15 minutes
-  Cook 1 hour



## Each 195g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
<b>129</b>	<b>18.3g</b>	<b>6.5g</b>	<b>7.4g</b>	<b>1.5g</b>	<b>0.2g</b>	<b>8.8g</b>	<b>0.14g</b>	<b>3</b>

## Ingredients

- 2 tsp rapeseed oil
- 2-3 onions, finely chopped
- 1 red pepper, finely chopped
- 150g carrots, finely chopped
- 1 courgette, finely chopped
- 100g mushrooms, finely chopped
- 1-2 tsp chilli powder (mild or hot, according to your taste)
- 1 tsp ground cumin
- 1 tsp oregano
- 800g tin chopped tomatoes
- 400g tin lentils in unsalted water
- 400g tin cannellini beans in unsalted water
- 1 tbsp tomato ketchup
- coriander, to garnish

## Method

- Step 1**  
Heat the oil in a large pan, add the onions and cook 5–8 minutes until they start to brown.
- Step 2**  
Add the red pepper, carrots, courgette and mushrooms, and cook a further 10 minutes.
- Step 3**  
Next, add the chilli powder, cumin, oregano and tomatoes. Mix well, then cook for a further 10 minutes, stirring regularly.
- Step 4**  
Add the lentils and beans with their water and ketchup. Mix well and bring to a gentle bubble. Add a lid and simmer gently for 30 minutes, stirring regularly.

## Recipe tips

- ✓ Keep in the fridge for up to three days or freeze.
- ✓ Be careful with chilli – you can always add more but you can't take it out! Add a little and allow time for the heat to infuse, taste it and only add more if you need to. If sharing with friends, make it mild and serve with some chilli sauce or flakes on the side, so people can spice it up if they want to.
- ✓ Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat thoroughly until piping hot throughout.