

Recipe 2 – Tasty Veggie Chilli

Serves: 4 adults

Preparation: 10 minutes

Cooking: 30 minutes

Ingredients to put on your shopping list:

- 2 teaspoons vegetable oil
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 300g vegetarian mince
- 1 tin red kidney beans, in water (420g)
- 1 tin chopped tomatoes (400g)
- 200g rice (easy cook long grain brown rice, if possible)

Swappable or optional:

- 1 medium onion, chopped
- 1 carrot, finely chopped
- 2 peppers, any colour, deseeded and chopped
- 2 teaspoons tomato puree (optional)
- 100ml reduced salt vegetable or chicken stock (optional)
- 1 pinch ground black pepper (optional)

To make it less spicy, use half a chilli or a few chilli flakes

How to make your tasty veggie chilli

Step 1. Heat the vegetable oil in a large saucepan and add the onion. Fry gently for 2-3 minutes, then add the carrot, garlic, red chilli and peppers and fry for 2-3 more minutes, stirring often.

Step 2. Add the mince, beans, tomatoes, tomato purée and stock. Bring to the boil, then reduce the heat and simmer, partially covered, for 25-30 minutes. At the same time, put the rice on to cook in plenty of gently boiling water - it will take 25-30 minutes.

Step 3. Season the chilli with pepper, then serve in warm bowls with the cooked, drained rice.