



Easy Vegetarian Chilli

Ingredients

2 tbsp vegetable oil . 2 carrots, chopped . 2 onions, chopped .
1 garlic cloves, minced / chopped . 1 tsp Ginger, minced / chopped. 1 red
pepper, chopped. Additional veg - (Butternut squash / Courgette / Pumpkin /
Sweet Potato) . 2 tsp sweet smoked paprika . 1 tsp Cumin . 1 tsp Coriander . 1
tsp Sweet Paprika . 1 tsp Buillion or veg stock . 400g can red kidney beans.
400g can black beans, drained . 2 x 400g cans chopped tomatoes .

Cooked rice, Grated cheddar and Soured cream, to serve

Method

STEP 1

Heat the oil in a large saucepan over a low-medium heat and fry the
carrots, onions and then add courgette / squash, oregano for 10-12 mins,
stirring occasionally until the veg is soft but not golden. You may need to
add a splash of water if the veg starts to catch.

STEP 2

Stir in the garlic and both peppers, and cook for a further 5 mins until the
peppers begin to soften. Sprinkle in the cumin, coriander and sweet
paprika, turn up the heat to medium, then stir and cook for 1 min. Mix in all
of the beans, the tomatoes and stock / buillion powder.

STEP 3

Stir well, bring to the boil, then reduce the heat to a simmer. Cook for 25-
35 mins until the beans are tender and the sauce has thickened. Serve with
rice, grated cheddar and soured cream, if you like or over baked potatoes.