



VEGGIE CHILLI

EQUIPMENT:

- Measuring spoons
- Measuring jugs
- Party pan/sauce pan
- Chopping board
- Chopping knife
- Garlic crusher

TOP TIPS:

- Swap fresh chilli for dried chillies

INGREDIENTS:

- 2tsp vegetable oil/2 pumps low fat spray
- 1 medium onion, finely chopped
- 1 carrot, finely chopped
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and finely chopped
- 2 peppers, any colour, deseeded and chopped
- 420g canned chickpeas
- 420g red kidney beans, in water or chilli sauce (1 tin)
- 400g chopped tomatoes (1 tin)
- 100ml reduced-salt vegetable or chicken stock
- 1 pinch ground black pepper

PREP TIME:

- 30 minutes

COOKING TIME:

- 30 minutes

METHOD:

1. Deseed and chop peppers and chilli.
2. Chop onion and carrot.
3. Heat vegetable oil in a large saucepan and add onions. Fry gently for 2-3 minutes.
4. Add carrot, garlic, red chilli and pepper. Fry for 2-3 more minutes, stirring often.
5. Add chickpeas, beans, tomatoes, tomato puree and stock to the saucepan.
6. Bring to the boil, then reduce the heat and simmer for 25-30 minutes.
7. Season the chilli with pepper.