Bean chilli

A delicious plant-based chilli which is sure to warm you on cold winter days. Packed full of fibre.

Makes: 4 portions • Preparation time: 25 miutes

Ingredients

- 1 tbsp rapeseed oil
- 1 small white onion, finely died
- 4 cloves of garlic, crushed (puree)
- 4 medium carrots, grated
- 1 red pepper, chopped
- 100g / 1/2 cup corn (can be tinned or frozen)
- 400g / 14oz (1 tinned) chopped tomatoes
- 1 tsp smoked paprika
- 1 tsp ground coriander (dry)
- 1 tsp ground cumin
- 1/2 tsp mild chilli
- 1 tin of cooked kidney beans, drained
- 1 tin of cooked black beans or mixed beans
- 200ml vegetable stock
- 1 fresh lime

Method

1. Heat the oil in a large dish on the hob. Add the onion and fry over a medium heat for 2 to 3 minutes until it starts to soften. Add the garlic and grated carrot and fry for another 2 minutes.
2. Add the spices – smoked paprika, ground coriander, ground cumin and chilli powder and mix well.
3. Pour in the tinned tomatoes, beans, red pepper, corn and vegetable stock and leave to simmer for 15 minutes.
4. Remove from the heat and add in some fresh lime juice to taste.
5. Serve immediately with rice or add to container to cool and store in the fridge for up to 4 days.

Equipment

- Knife
- Pot
- Chopping board
- Can opener
- Grater
- Measuring spoon
- Spatula or Spoon

Top tips

- You can make a bigger batch of this and freeze it for later
- Add some fresh coriander, sour cream or cheese on top for extra flavour