



FIVE-BEAN CHILLI WITH RICE

Vegetarian main dish / Grab & Go: this recipe provides a portion of non-dairy source of protein. It counts towards the standard to provide a portion of non-dairy source of protein for vegetarians at least three days each week and the standard to provide one or more wholegrain varieties of starchy food each week.

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

15ml (1tbsp) vegetable oil
800g Quorn™ mince
50g red pepper, deseeded and boiled
8g (2 cloves) garlic, peeled and chopped
1.3kg five bean salad, drained (drained weight 800g)
250g onions, peeled and sliced
50g tomato purée
800g canned chopped tomatoes
10g hot chilli powder
1.2kg brown rice

Method

1. Cook the rice according to the manufacturer's instructions. Then drain.
2. Meanwhile, heat the oil in a large pan. Add the onions and cook until softened.
3. Add the Quorn™ mince, sliced peppers and chopped garlic.
4. Cook for a further 3-4 minutes, then add the remaining ingredients.
5. Cook for a further 15-20 minutes until thickened.

Serving suggestion: with salsa, low-fat natural yoghurt or guacamole.



Number of portions this recipe makes:

24 primary servings (240g)
18 secondary servings (325g)



Prep: 10 minutes
Cook: 35 minutes



Allergy information:

Egg



Top Tips

Serve in a pitta bread or wrap as a Grab & Go option.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats