

Chilli Non Carne

This is one of those dishes that can be changed according to whatever vegetables you have to hand. The beans are a great, low cost source of protein and take the place of the traditional beef. This chilli is great with sour cream and guacamole on the side or with some grated cheese in a wrap

Ingredients:

1 onion
2 peppers
1 red chilli
2 cloves garlic
1 tsp. dried oregano
1 tsp. smoked Paprika
1 tsp. spoon ground cumin
2 tbsp. vegetable oil
1x 440g can chopped tomatoes
1x 440g can mixed beans
2 tbsp tomato puree
1 tbsp cocoa powder

Equipment:

Colander
Sharp Knife
Chopping board
Measuring spoons
Wok or deep-frying pan
Wooden spoon
Grater
Weighing scales
Can opener
Large metal serving spoon

Instructions:

1. Wash all the vegetables
2. Peel and chop the onion and peppers into long, thin strips
3. Peel and finely chop the garlic
4. Finely chop the onion and peppers
5. Finely chop the chilli
6. Mix together the spices in a small bowl
7. Heat the oil in the pan. Add the garlic, onion and pepper and fry for 3 minutes until they start to soften and the peppers start to turn brown at the edges
8. Sprinkle over the spice mix and cook for a minute or so
9. Add the cocoa powder and cook for a few seconds, then add the chopped tomatoes, mixed beans, tomato purée and 200ml water (about $\frac{1}{2}$ of one the tin cans)
10. The chilli is ready to serve when the sauce has thickened slightly. Serve with long grain rice, wraps or flatbreads.

ALLERGENS HIGHLIGHTED IN BOLD>

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