

# Hearty 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 traditional beef. This chilli is great with sour cream and guacamole on the side or with some grated cheese in a wrap.

**Follow the instructions overleaf or see our chefs make this dish in our recipe video.**

Open your QR code reader on your smartphone.  
Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

## Equipment you will need:

Sharp knife	Wooden spoon
Chopping board	Tin opener
Measuring spoons	Large serving spoon
Small bowl	
Wok or deep-frying pan	

## Ingredients:

1 onion	1 teaspoon smoked paprika
2 peppers	1 teaspoon ground cumin
1 red chilli	2 tablespoon oil
2 cloves garlic	1 400g tin chopped tomatoes
1 teaspoon dried oregano	1 400g tin kidney beans

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](http://mayorsfundforlondon.org.uk/kitchen-social/take-and-make)  
Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](http://www.surveymonkey.co.uk/r/TakeandMake)

## Instructions:

Serve this chilli with rice, see separate instructions to cook the rice.

1. Wash all the vegetables. Peel the onion and garlic.
2. Slice the onion and peppers into long, thin strips. Finely chop the garlic.
3. Finely chop the chilli. If you prefer a milder flavour, slice the chilli length ways first and remove the seeds using a spoon.
4. Mix together the chilli, dried herbs and spices, in a small bowl.
5. Heat the oil in the pan on a medium heat. Add the garlic, onion and pepper. Fry for 3–5 minutes until they start to soften and the peppers start to turn brown at the edges.
6. Sprinkle over the spice mix and cook for a minute or so.
7. Add the chopped tomatoes, drained kidney beans and 200ml water (about  $\frac{1}{2}$  of one empty tin).
8. Simmer for around 15–20 minutes, stirring occasionally.
9. The chilli is ready to serve when the sauce has thickened slightly.

You can serve this chilli with long grain rice (included in your box), wraps or flatbreads.

### Cooking for more than 4?

Bulk up the chilli by adding frozen sweetcorn or peas, and adding extra rice. Top with chopped fresh tomatoes or sour cream.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

**ENERGY SAVING TIP:**  
By pre-soaking the rice in water for at least 30 minutes you can reduce the amount of cooking required. The rice may not absorb all of the water required in the recipe. Drain any excess cooking liquid in a sieve before adding to the dish or serving.



A bean-based Chilli produces around 600kg less carbon emissions than a beef-based version according to [bbc.co.uk/news/science-environment-46459714](http://bbc.co.uk/news/science-environment-46459714)