

Vegetarian Chilli

Bring a taste of Mexico into your life! Brighten up a grey day with this colourful, hot and spicy veggie dish. Serve with boiled rice, bread or just eat on its own.



Nutritional information per portion (326g):

Energy	Fat	Saturates	Sugars	Salt
395kJ 94kcal 5%	0.9g 1%	0.1g 1%	8g 9%	0.68g 11%

of an adult's reference intake.

Typical values per 100g: energy 121kJ/29kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Garlic press
Measuring spoons
Large saucepan with lid
Wooden spoon
Measuring jug
Pan stand
Can opener

Ingredients

Serves 4-6
50g mushrooms
2 courgettes
1 red OR green pepper
1 large onion
2 cloves garlic
1 x 15ml spoon vegetable oil
1 x 400g can chopped tomatoes
1 x 400g can red kidney beans
1 x 15ml spoon tomato purée
300ml water
½ x 5ml spoon chilli powder (OR 1 x 5ml spoon if you like your chilli hot)
½ x 5ml spoon dried paprika
1 x 5ml spoon dried mixed herbs
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If you find the chilli too hot, after you've cooked it, stir in 1 x 15ml spoon of low-fat natural yoghurt, reduced-fat creme fraiche OR reduced-fat soured cream.
- Slice the onion in half and place the flat edge onto the chopping board to make it easier to chop up.

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Method

1. Wash the mushrooms, courgettes and pepper.
2. Use the sharp knife and chopping board to finely slice the mushrooms. Chop the ends off the courgette and chop into 1½cm pieces.
3. Cut the stalk off the pepper, cut the pepper in half, remove the seeds and chop the pepper into 1½cm pieces.
4. Chop the ends off the onion and remove the skin. Finely chop the onion.
5. Slice the ends off the garlic cloves, remove the skin and crush the garlic using the garlic press.
6. Turn the hob onto a medium heat. Measure the oil into the saucepan and add the crushed garlic.
7. Add all the chopped vegetables to the saucepan and cook for 5–10 minutes until they begin to soften, stirring regularly.
8. Add the tomato purée and cook for 1 minute.
9. Open the cans of chopped tomatoes and kidney beans. Drain the water from the kidney beans. Add the chopped tomatoes and kidney beans to the saucepan.
10. Measure the cold water and add to the saucepan.
11. Add the chilli powder, paprika, herbs and black pepper to taste (if using).
12. Turn up the heat to full power and bring the chilli to the boil. It will start to bubble after a few minutes. Once it is boiling, turn the heat down to a very low heat. You should just see the occasional small bubble – this is called simmering.
13. Simmer for 30–45 minutes, stirring occasionally.

Something to try next time

- Try a three bean chilli by adding 1 x 400g can of black eyed beans and 1 x 400g can of butter beans to your vegetables.
- Just before serving, top with 1 x 15ml spoon of grated Cheddar cheese or reduced-fat soured cream.

Prepare now, eat later

- Cool the cooked chilli, cover and store in the fridge for up to 2 days.
- The chilli can be frozen for up to 3 months. Defrost thoroughly and heat until piping hot.

Skills used include:

Washing, measuring, peeling, chopping, crushing, frying and boiling/simmering.