

# One-pot Vegetable Chilli

This is a quick meat-free version of Chilli Con Carne cooked with rice in the same pot. The vegetables can be varied to make use of those in season.



Mustard and sulphites\*

Nutritional information per portion (559g):

Energy	Fat	Saturates	Sugars	Salt
1962kJ 464kcal 23%	11g 15%	1.6g 8%	11g 12%	0.91g 15%

of an adult's reference intake.

Typical values per 100g: energy 351kJ/83kcal.

## Equipment

Weighing scales  
Kettle  
Measuring jug  
Can opener  
Sieve or colander  
Vegetable peeler  
Chopping board  
Sharp knife  
Clean, damp cloth  
Garlic crusher  
Measuring spoons  
Wooden spoon  
Large saucepan or frying pan with lid  
Pan stand

## Ingredients

**Serves 4**  
900ml boiling water  
400g can kidney beans  
1 red pepper  
4 medium carrots  
1 medium onion  
8 mushrooms  
1 clove garlic OR  
1 x 5ml spoon garlic purée  
2 x 15ml spoons vegetable oil  
2 x 5ml spoons curry powder  
½ x 5ml spoon chilli flakes  
OR 1 x 5ml spoon chilli powder  
300g easy-cook long grain rice  
2 x 15ml spoons tomato purée  
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

- Use easy-cook long grain rice. Basmati rice is more expensive and also too fragile and may break up when stirring.
- Brown rice is higher in fibre, vitamins and minerals than white rice. It's full of slow-release energy and is very filling. If using brown rice, increase the amount of water in the recipe to 1.1 litres and increase the cooking time in step 15 from 5 minutes to 15 minutes. Stir occasionally and add a little more water if the rice sticks.

# One-pot Vegetable Chilli

## Method

1. Measure 900ml of boiling water into the measuring jug.
2. Open the can of kidney beans, drain into a colander and rinse under the cold tap.
3. Wash the pepper and carrots.
4. Peel and slice the carrots into 1cm pieces.
5. Cut the pepper in half and remove the seeds and white pith. Cut into 1cm squares.
6. Peel and chop the onion into 1cm squares.
7. Wipe the mushrooms to remove any earth and then cut them into 1cm thick slices.
8. Peel and crush the garlic, if using a fresh clove.
9. Heat the oil in a large saucepan or frying pan.
10. Add the onions, peppers and carrots to the oil and cook for 3 minutes. Add in the mushrooms and cook gently for another 2 minutes until the vegetables start to soften.
11. Add the garlic, curry powder and chilli flakes or powder and cook for 2 minutes.
12. Stir in the rice and add the water and tomato purée.
13. Bring to the boil then lower the heat, cover with the lid and simmer gently for 10 minutes.
14. Check the rice and stir occasionally. If the rice isn't fully cooked and the pan is dry, add a little more water.
15. Add the beans, cover and simmer for 5 minutes.
16. Add black pepper to taste (if using) and serve.

## Something to try next time

- This rice dish could be a tasty accompaniment to grilled meats or fish.
- Try this recipe with other seasonal vegetables, such as 2 x 15ml spoons of peas or 2 chopped courgettes.

## Prepare now, eat later

- One-pot vegetable chilli is best eaten straight away, but if you have any left over follow these steps to re-use rice safely. Cool leftover Chilli quickly (within 1 hour), refrigerate and use within 24 hours. Cook until piping hot or serve cold. Do not reheat rice more than once.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, mixing/combining, boiling/simmering and frying.