



Vegetable Bean Chilli and Basmati Rice

In the bag:

- Onion
- Garlic
- Sweet potato
- Celery
- Carrot
- Aubergine
- Bell pepper
- Chilli pepper
- Spice bag
- Tin of tomatoes
- Tin of kidney beans
- Vegetable stock cube/s
- Rice

You'll also need:

- Chopping board
- Sharp knife
- Peeler
- Medium sized pot with lid
- Wooden spoon
- Smaller pan with lid for rice

- A dash of vegetable **oil**
- 500ml cold water

Method:

- Put the **Basmati rice** in a bowl and cover with water and soak for 30 minutes – leave and you'll cook 15 minutes before you eat
- Prepare the vegetables: peel and chop the **onion, garlic** and **sweet potato** and wash and chop the **celery, carrot, aubergine, bell pepper,** and **chilli pepper** (de-seeded). Drain the **kidney beans**
- Heat **oil** in the pot over a low heat – add the **onion** and fry gently until soft before adding the **aubergine** and cooking for five minutes
- Add the **garlic, celery,** and **carrot** – gently fry for a further minute or two
- Add the contents of the **spice bag,** the tin of **tomatoes,** the **kidney beans** (drained), the **stock cubes** and 500ml **water** and bring to a bubble on a medium heat
- Add the **sweet potato** and the **chilli pepper.** Turn the heat up and bring the mixture up to a bubble before reducing the heat, covering the pot and simmering for 20 minutes. Then add the **bell peppers** and cook for another 10 minutes – while cooking, stir occasionally and add a little water if the stew becomes too dry

More about your Vegetable Bean Chilli

You can add minced beef, chicken or turkey after the onion and aubergine if you like 'con carne'.

You can add different beans if you prefer, or even a couple of different kinds. Look out for pinto, borlotti, chickpeas or mixed beans.

This chilli is delicious topped with a little crème fraiche and herbs, or stuffed into pitta pockets or tortilla wraps with a little grated cheese and jalapeño chillies. It can be served in:

- Tacos
- Burritos
- Quesadillas
- Enchiladas

This recipe makes enough for four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **piping hot** all the way through

#TakeAndMake

#AtLeastFiveADay

#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 onion (or 2 small)
- 2 cloves garlic
- 2 sticks celery
- 1 large carrot (or 2 small)
- 1 aubergine
- 1 bell pepper
- 1 small sweet potato (or ½ large)
- 1 tin kidney beans (400g)
- 1 tin tomatoes (400g)
- 1 teaspoon each of cumin, coriander, turmeric, paprika and cocoa powder
- 1 chilli pepper
- Vegetable stock cube/s (2 Oxo or 1 Knorr)
- 300g Basmati rice

Make it in the slow cooker?

Just put all the ingredients in the slow cooker and cook on:

- high for 4 hours or
- low for 6 hours

#SpiceNotSalt

#CookOnceEatTwice

#CommunityCooking