

Mexican vegetable chilli

Ingredients

Serves 4

2 tbsp vegetable oil

1 medium onion, chopped

1-2 tsp dried chilli flakes, 2-3 tsp chilli powder, or 2 small fresh chillies

½ tsp paprika

1 tsp oregano

½ tsp yeast extract, or ½ a cube of vegetable stock, dissolved in a little hot water

1 tbsp tomato puree

2 cloves garlic, chopped or crushed

1 pepper (any colour), chopped

1 tin of chopped tomatoes or 1 x 500g jar or carton of passata

1 x 210g tin red kidney beans

150g vegemince



Method

1. Heat the oil in a wok or large pan and fry the onion until almost soft. Add the garlic, chilli and paprika and cook for a minute.
2. Add the chopped pepper and fry until almost soft.
3. Add the chopped tomatoes or passata and tomato puree. Heat through and add the vegemince and beans.
4. Add the yeast extract or vegetable stock, and add salt and pepper to taste.
5. Simmer for 10-15 minutes.

Serve with rice, wraps, tortilla chips or mashed or baked potatoes.

Variations

- Add 2-3 sliced mushrooms or thinly sliced courgette at stage 2.
- Add 1 small cooked diced carrot or small tin of sweetcorn at stage 3.
- This chilli can also be used as the filling for shepherd's pie or lasagne.