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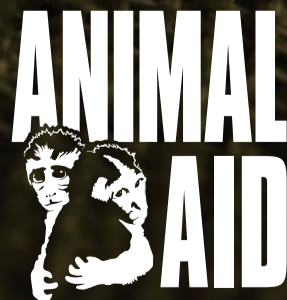


# Vegetarian chilli

Spice up your life with this Mexican classic

The kidney beans and veggie soya mince in this vegetable chilli are delicious and rich in iron. The red peppers and tomato sauce add colour to the fiery feast and are packed with vitamin C, which helps your body absorb the iron.

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For this and other delicious meat-free recipes, visit [www.animalaid.org.uk](http://www.animalaid.org.uk)