

Recipes



Vegetable Chilli

- 1 onion – chopped
- 1/2 tsp dried chilli flakes
- 1 tsp tomato puree
- 2 cloves garlic – chopped or crushed
- 1 pepper - chopped
- 1 tin chopped tomatoes or 1/2 jar passata
- 1 tin can red kidney beans
- Approx 150g Realeat's Vegemince/Redwood's Vegetarian Mince
- 2 tbsp vegetable oil

Heat the oil in a wok or large pan and fry the onion until almost soft. Add the garlic and cook for a moment. Add the pepper and fry until almost soft. Add the chilli flakes or fresh chilli. Then add the chopped tomatoes and puree, heat through and add the vegemince and the kidney beans. Stir it all together and, if it's too thick, add a little vegetable stock or water. Cook for 10 minutes. Taste it and, if you like it hot, add a few more chilli flakes.

Serve with rice, wraps or tortilla chips. Leftover chilli is a great filling for a jacket potato. You could add mushrooms or some grated carrot when you add the peppers.

Sausage and Bean Casserole

- 1 onion, sliced
- 1 courgette/carrot sliced
- 1 tin white beans e.g. butter, cannellini
- 4 veggie sausages e.g. Redwoods/Frys Polony
- 1 tin chopped tomatoes or 1/2 jar passata
- 1/2 tsp vegetable bouillon powder
- 1/2 tsp paprika
- chopped parsley to taste
- black pepper to taste
- 2 tbsp olive oil

Heat oil in a pan and sauté the onion and courgette add the paprika and stir briefly. Add the tomatoes, beans and sausages. Add the bouillon powder and stir add water if needed. Cook for 10 minutes until the liquid is reduced. Add fresh parsley and black pepper as required.

Good served with jacket potato or rice. Boiled new potatoes could be added. Try it with baked sweet potato. Other vegetables could be used peppers, and mushrooms would work well. A red onion could be used - this gives a sweeter flavour.

For information on vegetarianism and more recipes see: www.animalaid.org.uk