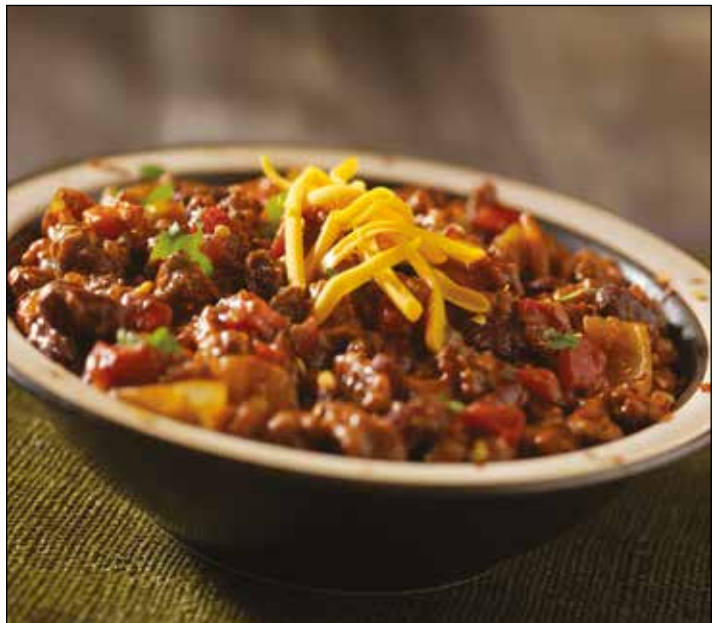


Mexican vegetable chilli

Ingredients

Serves 4

- 2 tbsp of vegetable oil
- 1 medium onion, chopped
- 1-2 tsp of dried chilli flakes,
- 2-3 tsp of chilli powder, or
- 2 small fresh chillies
- ½ tsp of paprika
- 1 tsp of oregano
- 1 vegetable stock cube
- 1 tbsp of tomato puree
- 2 cloves of garlic, chopped
or crushed
- 1 pepper, or ½ red and ½ green pepper, chopped
- 1 tin of chopped tomatoes or 1 x 500g jar or carton of passata
- 1 x 210g of tin of red kidney beans in water
- 150g of soya mince



Method

1. Heat the oil in a wok or large pan and fry the onion until almost soft. Add the garlic, chilli, paprika and oregano 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 soya mince and drained kidney beans.
4. Add the vegetable stock cube, and add oregano 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.