



Mixed Bean Chilli

Ingredients

serves 4-6

- 1 tbsp olive oil
- 2 small onion
- 2 carrots
- 4 cloves garlic
- 2 tbsp chilli powder
- 2 tsp smoked paprika
- 1 tsp oregano
- 1 vegetable stock cube (250ml water)
- 1, 400g cans chopped tomatoes
- 2 cans mixed beans, drained and rinsed
- 300g rice



High in fibre!



Method

- Dice the onion and carrots, then crush and chop the garlic finely
- Add 1 tbsp of oil to a large pan, add the onion and fry for 5 minutes, then add the carrots and garlic and fry for another couple of minutes
- Add in 2 tbsp of chilli powder, 1 tsp of smoked paprika and 1 tsp of oregano.
- Then add the can of chopped tomatoes and stir gently.
- Prepare the vegetable stock by dissolving 1 vegetable stock cube in 250ml of hot water.
- Drain and rinse the mixed beans then add to the pan with the 250ml of vegetable stock.
- Bring to a boil then simmer for 15-20 minutes.
- Serve hot with rice or bread.