

VEGGIE BEAN CHILLI RECIPE



WHAT YOU'LL NEED (serves 2)

- 1 tbsp olive oil
- 1 onion diced
- 2 cloves garlic (minced)
- 1 jalapeno (seeded, finely chopped)
- 1 red bell pepper (seeded, diced)
 - ½ tsp dried oregano
 - 1 tsp chipotle chilli paste
 - 1 tbsp of ground cumin
 - 1 tbsp of chilli powder
 - 200ml passata
 - 0.5 litre of water
- 1 can black eyed beans (drained)
- 1 can haricot beans (drained)
- 1 can red kidney beans (drained)
- 1 small can sweetcorn (drained)
- Salt & fresh ground black pepper (to taste)

WHAT TO DO WITH ALL THESE INGREDIENTS

1. Add the olive oil and onions to a pot, and place over a medium heat
2. Saute the onions for about 5-6 minutes
3. Add the garlic, jalapeno, red bell pepper, oregano, chipotle, cumin and chilli powder. Cook & stir for 3 minutes
4. Add the tomato sauce, water, black eyed beans, haricot beans, kidney beans and sweetcorn. Bring to a simmer, reduce heat to low and cook for 20 minutes
5. After 20 minutes, take a potato masher or spatula and mash some of the beans against the bottom of the pot. This will thicken the chilli. The more you mash the thicker it will become as it cooks. For a medium thick texture mash about $\frac{1}{4}$ of the beans (you can always mash more later. Stir well and simmer for another 10 minutes
6. Serve with grated cheese (optional)

Voila and bon appetit