

VEGETARIAN CHILLI

INGREDIENTS:

- 1-2 TINS BEANS or LENTILS or CHICK PEAS
- 1 TIN TOMATO (*CRUSHED*)
- TOMATO PASTE (*AS PER PERSONAL PREFERENCE*)
- 1 BROWN ONION (*DICED*)
- 2 CARROTS (*DICED*)
- 5-10 MUSHROOMS (*SLICED*)
- 2 CELERY STALKS (*DICED*)
- ADD ANY OTHER VEG THAT YOU LIKE 😊
- 1 TSP CRUSHED GARLIC
- 1 TBSP TOMATO PASTE

METHOD:

1. Heat a non-stick frying pan to a medium-high heat.
2. Add oil, garlic, onion & cook until the onion softens.
3. Add all diced vegetables into the frying pan & combine well.
4. Add tomato paste & crushed tomato and increase heat to bring the mixture to the boil for 2 minutes.
5. Reduce to a simmer and cook uncovered for 20-30 minutes or until the vegetables have softened & sauce has thickened.
6. Add beans / lentils / chickpeas 5-10 mins before finishing the simmer.

TIPS:

- *The smaller the dice on the vegetable, the faster they will cook.*
- *Top with fresh herbs for flavour.*