

# Vegetable and Bean Chilli

Serves 3 - 4



- 1 tablespoon sunflower oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 courgette, diced
- 2 peppers, diced
- 2 teaspoons ground cumin
- 1 - 3 teaspoons chilli powder, according to taste
- 1 tin mixed beans, drained
- 1 tin chopped tomatoes
- 1 heaped teaspoon vegetable bouillon
- 1 handful fresh coriander

1. Heat the oil in a large saucepan, add the onion and fry gently for 5 minutes until soft.
2. Stir in the garlic, cumin and chilli powder, fry for 1 minute.
3. Stir in the chopped courgette and pepper. Stir to heat through. Turn down the heat and place on the lid. Cook for 2 minutes.
4. Add the drained tin of mixed beans, chopped tomatoes and vegetable bouillon. Bring to the boil then turn down to a simmer. Check the heat and add more chilli powder if required.
5. Simmer for 15 minutes until the sauce thickens, (if the tin of tomatoes is watery, use the largest saucepan you can so the sauce reduces down quickly).
6. Chop the coriander and stir in to the sauce.
7. Correct the seasoning. Serve hot.

Dried beans can be used in this recipe.

1. Soak 1 kg dried mixed beans in water overnight. This will reduce cooking time. Cooking a variety of beans together will save on energy but be aware some beans will cook quicker than others.
2. The next morning, bring the beans in water to the boil, continue boiling for 10 minutes then reduce the heat and simmer. Check if the beans are cooked after 45 minutes. Continue checking every 10 minutes until cooked.
3. Add 350g mixed cooked beans to this recipe in place of the tinned beans.
4. Cool any beans quickly if not using straight away and store in a freezer bag as quickly as possible. Store in a freezer and take as much as you like when required.