

Veg & Bean Chilli

Makes 4 portions

- 1 onion
- 3 cloves garlic
- 1 stick celery
- 1 courgette
- 1 pepper
- 1 tablespoon ground cumin
- ½ - 1 teaspoon chilli powder or chopped fresh chillies to taste
- 1 tin mixed beans or 350g cooked mixed beans
- 1 tin chopped tomatoes
- 1 tablespoon vegetable bouillon powder or vegetable stock cube
- 1 bunch fresh coriander or frozen

1. Chop the onion. Heat a large saucepan over a medium heat. Add 1 tablespoon vegetable oil and the onion. Stir, lower the heat and place a lid on. Leave to soften while chopping the rest of the vegetables.
2. Crush the garlic and chop the rest of the veg as preferred.
3. Turn up the heat slightly. Stir in the garlic, cumin and chilli.
4. Stir in the vegetables. Replace the lid and leave to soften for a few minutes.
5. Add the beans, tinned chopped tomatoes and vegetable bouillon. Stir until boiling then lower the heat. Simmer for about 10 minutes until the vegetables are cooked. Correct the seasoning and add more chilli if needed.
6. Chop the coriander and stir into the chilli just before serving.

