

Chilli Bean Stew

Makes 4 portions

100g dried soya mince
15ml vegetable oil
1 onion
3 cloves garlic
1 stick celery
1 carrot
2 teaspoons chilli powder
1 teaspoon ground cumin
1 tin chopped tomatoes
1 tin mixed beans or 350g cooked mixed beans
1 tablespoon marmite
1 tablespoon vegetable bouillon powder or vegetable stock cube
1 small bunch coriander, chopped

1. Pour boiling water over the soya and leave for 10 minutes to rehydrate.
2. Chop the onion. Heat a large saucepan over a medium heat. Add 1 tablespoon vegetable oil and the chopped onion. Stir briefly, lower the heat and place on a lid. Leave on a low heat to soften while cutting up the vegetables.
3. Chop your veg into a small dice and crush the garlic.
4. Stir in the vegetables, replace the lid and leave to sweat for 5 minutes.
5. Turn up the heat slightly, stir in the soya mince.
6. Stir in the garlic, chilli powder, and cumin.
7. Stir in the mixed beans and tinned tomatoes, marmite, and vegetable bouillon. Stir until the stew comes to the boil then lower the heat and simmer for about 10 - 20 minutes.
8. Chop the coriander and stir into the stew. Correct the seasoning before serving.
9. Serve with pea guacamole (Google), vegan yoghurt, and pitta bread.