

Difficulty:

Easy



Time:

45 minutes



# Vegetable chilli



Allergens: celery

## What is it?

A lovely healthy dish full of flavour and packed with veggies! This meal is a great one to get in plenty of your five a day!

AVERAGE COST  
PER PERSON

**£1.61**

## What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Rice	80g	160g	220g
Thyme	1/2 tsp	1 tsp	1 tsp
Garlic clove	1	1	1
Kidney beans	60g	90g	120g
Vegetable stock	1 tsp	1 tsp	2 tsp
Chilli powder	1/2 tsp	1 tsp	1 tsp
Paprika	1/2 tsp	1 tsp	1 tsp
Onion	1/2	1	1
Carrot	2	2	3
Courgette	1/2	1	1
Chopped tomatoes	150g	200g	250g
Cauliflower	1/2	1/2	1
Mixed peppers	1	2	2

## Kit list:

- Saucepan

## Make it your own!

If you are not a spicy fan, you can adjust the spice level to your taste by adding less chilli powder - or more if you are feeling daring!

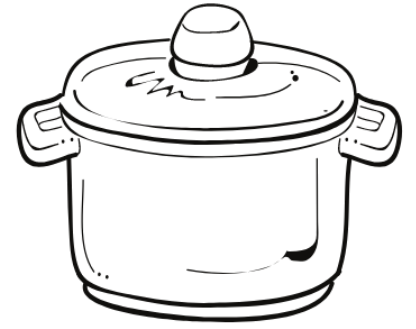
Celebrate Family  
Food

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# What to do:

**Step 1:** In a pan, fry the onion, garlic clove (chopped) and carrot for 5-10 minutes. Add the vegetable stock and celery and cook for another 5-10 minutes. Add the chilli powder, thyme and smoked paprika and stir in, then the chopped tomatoes and cauliflower florets. Give everything a good stir.



**Step 2:** Simmer the chilli for a few minutes, then add the peppers and stir. Cook for another 5-10 minutes before adding the courgettes and kidney beans. Simmer for a further 5-10 minutes to set off all the flavours, taste a little bit and add some seasoning if needed.



**Serve:** Place scoopfuls of your vegetable chilli mix into your bowl, and tuck in!

What did you think of this recipe? Colour in the stars to give it a rating!

