

Bean Chilli

Ingredients

1 tablespoon oil
1 onion
1 pepper
2 cloves garlic
1-3 teaspoons chilli powder (depending how spicy you like it!)
1 teaspoon mixed herbs
1 vegetable stock cube, dissolved in 220ml of hot water (approx. 1 cup)
2 x 400g cans kidney/cannellini beans
1 tablespoon tomato puree
1 x 400g can chopped tomatoes
Salt and pepper



Equipment

Large frying pan, wooden spoon.

Serves: 4 - 6
Prep Time: 15 mins
Cook Time: 24 mins

Method



Step 1: Finely chop the onion, pepper and garlic, if using carrot and celery.



Step 2: Put the oil in a large pan over a medium heat. Add the onions and pepper and cook for around 8 minutes until softened. Add the chilli powder, mixed herbs, garlic (and cumin powder if using) and cook for 1 minute.



Step 3: Add the tomato puree. Stir well.



Step 4: Add in the beans, chopped tomatoes and stock and bring to the boil then simmer for 15 minutes, until the chilli has thickened. Stir frequently. Season to taste and either serve with rice, wrap into tortillas to make enchiladas or load on top of a jacket potato.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk

Bean Chilli

To cook the rice

Whilst the chilli is simmering, bring a saucepan of water to the boil. Add the rice. Bring the rice back up to the boil, turn down to a simmer for 12 - 15 minutes until the rice is tender.

Top Tips

If you don't have kidney beans or cannellini beans any beans will do – butter beans, borlotti beans, black eyes peas etc.

Add in your favourite spices such as 1 teaspoon of ground cumin or paprika.

Add extra veg such as carrot, or a stick of celery.



Thank you for cooking with us!

Share your photos with us on social media and tag @UKHarvest
or email them to info@ukharvest.org.uk