

Vegetable & Bean Chilli



This healthy veggie chilli makes for a quick, affordable and yummie meal. Serve with crusty bread and a salad to complete the meal, or on its own for lunch.

prep time	cook time	serves	category
10 min	30-35 min	4	V; Vg

things you need

1 tbsp olive oil 1 clove garlic, finely chopped Thumb-sized piece of ginger, finely chopped 1 large onion, chopped 2 courgettes, chopped 1 red pepper, deseeded & chopped 1 tbsp chilli powder (use less or more for your preferred level of spiciness)	100g red lentils, washed & drained (see 'helpful notes' if using canned lentils) 1 tbsp tomato puree 2 x 400g cans chopped tomatoes 195g can sweetcorn, drained 420g can butter beans, drained 400g can kidney beans in water, drained 250ml water
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here's how

- 1 Heat the oil in a large pan. Cook the garlic, ginger, onion, courgettes and peppers for about 5 mins until starting to soften. Add the chilli powder and cook for 1 minute more.
- 2 Stir in the lentils, tomato puree, tomatoes and 250ml water. Bring to the boil and cook for 15-20 minutes.
- 3 Add the sweetcorn and beans, and simmer for a further 10 minutes.

helpful notes

- If you are pressed for time, you can use 400g can of lentils (drained) and reduce the time in step 2 above to 10 minutes.
- If you want to cook and share with friends or cook a larger amount to take for lunch or have ready for dinner another day, then this recipe will provide four average servings; if you want to cook enough for two only, then use only half of each ingredient amount.