

Vegetable Chili

Serves 10

| Ingredients | |
|-------------------------------------|-----------------------------------|
| 2 x 450g Red Kidney Beans | 1/2 Onion (60g) Chopped |
| 1 x 450g Chick Peas | 100g Tomato Puree |
| 1x 450g Butter Beans | 1 tsp (5g) Ground Cumin |
| 2 x 450g Chopped Tomatoes | 450g Long grain rice |
| 2 tsp (6g) Mild Chili Powder | 150g grated cheddar cheese |

Method:

- Sweat off the chopped onion in a little oil with the chilli powder and cumin.
- Once soft add the Tomato Puree and chopped tomatoes. Simmer 10 mins
- Drain all the beans, add to the Tomato sauce and gently simmer for approx 15 mins
- Boil the rice according to the pack instructions
- Serve the chilli on a bed of rice with 15g grated cheese sprinkled over the top.



- ✓ FOR DAIRY FREE DIETS, OMIT CHEESE
- ✓ FOR PUREE DIETS MAKE BUTTER BEAN AND SPINACH PUREE- (USE FROZEN SPINACH)

| Nutrition analysis per serving | | | | | | | |
|--------------------------------|-------------|---------|------------------|-----------|----------|-----------|--------------|
| Energy (kcal) | Protein (g) | Fat (g) | Carbohydrate (g) | Sugar (g) | Salt (g) | Iron (mg) | Calcium (mg) |
| 341 | 21 | 7.7 | 51 | 0 | 0.5 | 4.8 | 198 |