

# Recipe kits

## VEGETARIAN BEAN CHILLI

**TOP TIP**  
A chili is perfect for making in advance and having it ready in the fridge or freezer. Not only is it convenient but it also lets the flavours develop for a tastier dish

### VEGETARIAN BEAN CHILLI

#### Ingredients

##### For the chili

- 1 onion
- 2 garlic cloves
- 1 tbsp oil
- 1 tsp ginger/fresh ginger
- 1 tsp chili (this will make a mild to medium chilli, add more to taste)
- 1 tsp cumin
- 1 ½ tsp smoked paprika
- 1 ½ tsp cocoa powder
- 2 tin beans
- 1 tin toms
- 1 stock cube
- Mushrooms (optional)
- Lemon or lime (optional)
- Fresh coriander (optional)

##### For the rice

- 1 mug of rice
- 2 mugs of water
- Salt to taste (optional)

#### Equipment

- Chopping board
- Knife
- Tin opener
- 2 x medium sized pots with lids (if you don't have the lids you can use a plate to cover the pot, just be careful when picking it up as it will get very hot)
- 1 mug
- Wooden spoon
- Teaspoon



## Method

1. Start by preparing the ingredients you need. Dice the onion and garlic. Drain and thoroughly rinse the beans.



2. Heat the oil in a medium sized pot over medium-low heat. Once hot, add the onion and garlic and fry for 5 minutes or until soft, stirring often so it doesn't burn.

3. Once the onion and garlic are soft add the ginger, chili flakes, cumin and paprika. Stirring throw and let cook for a minute or two. (If you are using mushrooms then you can add them in after the onion and garlic are softened and cook for 5 minutes.



4. Add the chopped tomatoes, the beans, cocoa powder and crumble the stock into the pot. Stir to combine, turn the heat down to low and simmer for 15 minutes. Cover with a lid if you have one. Stir occasionally to check it is not sticking to the bottom and add a splash of water if it gets too thick.



5. To prepare the rice, add 1 mug of rice and 2 mugs of water to a pot over high heat. Bring to a boil. Once the water is bubbling, turn the heat down to low and cover with a lid. Let cook for at least 15 minutes. At this point check if all the water has been absorbed and the rice is cooked through. If not, continue to cook with the lid off until no water is left. Fluff with a fork and your



rice is ready to serve.

6. Squeeze some lemon or lime juice to taste if you'd like to on your chilli, it will bring out all of the flavours.



### **Additional topping suggestions**

#### *Tomato salsa*

Finely dice 3 large tomatoes, 2 garlic cloves and half of a red onion. Add roughly chopped coriander (including stems), juice of half a lime, a drizzle of olive oil (optional) and season with salt and pepper to taste. Mix it all together and serve.

#### *Guacamole*

Mash a ripe avocado. Finely dice half a red onion and a tomato. Mix together with some roughly chopped coriander and a drizzle of olive oil (optional). Season with salt and pepper to taste.

### **Serving suggestions**

Here we have served it with a bowl of rice as it makes a really hearty meal which will keep you full for longer. Add your toppings of choice and some salad if you'd like.

Other suggestions include:

1. Add the chilli and the rice, along with any other optional toppings like cheese and salad to a wrap to make a burrito.
2. Quesadillas: Spoon some chilli on to one half of a tortilla wrap and top with cheese. Fold in half and fry gently both sides, cut in half and serve with guacamole, salsa and sour cream or a salad. (Careful not to overfill the wrap and that the chilli is not too wet or it will go soggy and leak)
3. Chilli pasta bake – add to pasta, top with cheese and bake in the oven
4. Add it to a jacket potato, either a traditional jacket potato or sweet potato. Top with any of the suggested toppings above and a side salad.
5. Serve as a dip for some tortilla chips.
6. Dollop over tortilla chips or potato chips and top with cheese. Place in the oven until melted and golden brown. Top with any of the optional toppings mentioned above.

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