

# Veggie Chilli

Serves 4



**PROJECT FOOD**

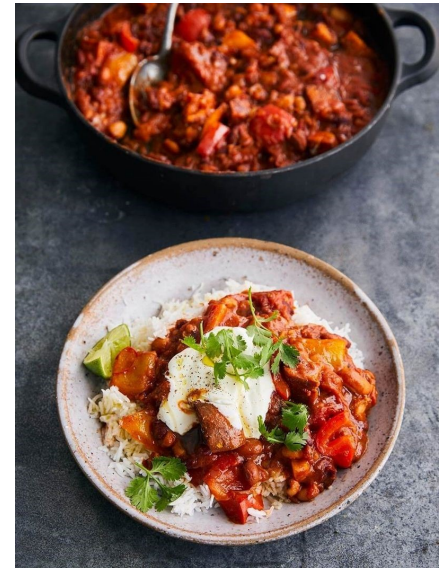
A helping hand to healthy eating

## Ingredients

1 tablespoon olive oil  
1 large onion, chopped  
200g beef mince  
2 cloves garlic, chopped  
1 tablespoon ground cumin  
1 tablespoon ground coriander  
2 peppers, deseeded and chopped  
2 carrots, peeled and chopped  
1 tin tomatoes  
1 tablespoon tomato puree  
1 tin kidney beans, drained  
1 tin green lentils, drained or 125g dried red lentils  
Rice to serve—you'll need about 300g for 4 servings

## Optional

1 teaspoons chilli powder or use fresh chilli if you have it  
2 teaspoons paprika  
Small bunch of fresh coriander, chopped



## Method

1. Heat the oil in a large saucepan over a medium-low heat and fry the onion until soft—around 5–10 minutes. Then turn up the heat, add the beef mince and fry until browned, breaking up with a wooden spoon as you go and adding the chopped garlic and spices for the last couple of minutes.
2. Now add the peppers and carrots and cook for five minutes, stirring occasionally.
3. Now add the tomatoes (top up the tomato tin with water and add that too), purée, kidney beans and lentils, bring to a simmer and cook for at least 20 minutes. When cooked, the lentils should be tender and the sauce rich and thick.
4. Season to taste and serve sprinkled with fresh coriander if you like, cooked rice adding some soured cream and guacamole too if you like.

### Top tips

- We are using brown rice here—it actually goes really well with chilli and contains much more fibre, vitamins and minerals than standard white rice. To cook, cover with double the amount of water, bring to a simmer and cook for 25–30 minutes, or until tender.
- Adding lentils is a great way to up the protein in a dish. Lentils are full of protein and fibre so are a great choice if you're reducing meat in your diet—they're usually cheap too. You could also make this chilli completely veggie by leaving out the mince and adding more lentils or a can of chickpeas instead.
- Sweet potato and squash also work really well in a veggie chilli—you may need to either roast them first with the spices (great for adding flavour too) or cut quite small at stage 2 and cook the chilli for a bit longer. Leeks are another good addition in the winter, but veg such as courgettes which are in season in the summer are also delicious.
- Chilli (meat or veggie) freezes really well so it's worth making a bigger batch and freezing any leftovers in portions.

## **Slaw**

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### **Ingredients**

- 1 red onion, peeled and finely sliced
- 2 carrots, peeled and grated
- 1/3 small red cabbage, finely sliced
- 1 x 198g tin sweetcorn in water, drained and rinsed
- 1 lime, zested and juiced

### **Optional**

- 4 tbsp roughly chopped coriander
- 1 tablespoon olive oil

### **Method**

1. While the chilli is cooking, make the slaw.
2. Tip the red onion, carrots, cabbage, sweetcorn and coriander, if using, into a bowl.
3. Add the lime zest and juice and season with salt and black pepper then set aside to soften while the chilli cooks.