KINGTON CAN COOK

Veggie Chilli

Warming and mildly spicy, this tastes even better the next day. Serve with a dollop of fresh yoghurt and rice or tortillas.

SERVES 4 Vegetarian
Prep time: 25 minutes
Cooking time: 30 minutes

INGREDIENTS

1 tablespoon vegetable oil
1 medium onion
1 stick of celery
2 carrots
2 garlic cloves
1 teaspoon chilli powder
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon smoked paprika
1 pepper (any colour)
2 medium sweet potatoes or 1 very large one
100g dried red lentils
400g tin of chopped tomatoes
or
500g carton passata
400g tin kidney beans (or any other beans)
Salt and pepper
200g easy cook brown wholegrain rice
Plain yoghurt and rice/tortillas to serve

EQUIPMENT

Knife
Chopping board
Peeler
Measuring spoons
Wooden spoon
Saucepan

ALLERGENS

Celery,Gluten (if using tortillas) ,Milk (if using yoghurt)

METHOD

1. Peel the onion and dice finely.
2. Peel the carrot and chop into small cubes.
3. Trim the ends off the celery and chop into small cubes.
4. Heat oil in the pan. Add the chopped onions, carrots and celery. Stir. Cover and cook on medium-low heat for 5-10 minutes until soft, stirring often.
5. Peel the garlic and chop finely.
6. Place the pepper on its side and trim off the top and bottom . Now stand the pepper up and make a cut down its side. Place it on its back on its side and roll it open, running your knife along the inside to remove the core, seeds and pith. Chop into 1cm cubes.
7. Peel the sweet potatoes and cut into 1 cm cubes.
8. Add the garlic and spices to the pan and cook for a further minute. Next add the pepper, sweet potatoes and lentils and stir well to combine. Add the tinned tomatoes ,fill the empty tin with water and add to the pan. Drain and rinse the tinned beans and add to the pan. Heat until bubbling and then cover the pan and simmer, stirring occasionally for 30 mins. Remove lid for last 10 mins to reduce liquid if needed.

With thanks to Cooking Up Richmond for their help and support

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SAFE STORING & REHEATING

Cool, refrigerate and eat within 3 days. Reheat gently until piping hot. You may need to add a little water

RICE

10. Weigh out 200g of dry rice

11. Bring a large pan of water to the boil

12. Stir in rice and return to boil. Cook for 20-25 minutes, depending on your required texture.

13. Drain well, stand for 3 minutes and lightly fork through the grains before serving.

14. Season chilli with salt and pepper and serve in bowls with rice and/or tortillas and topped with yoghurt.

TIPS

If you like spice/heat add more chilli, or don't add it at all if you prefer it milder.

If using other types of rice always follow the instructions on the packaging as times and method vary.

Brown rice is easier to cook and better for you as it contains more fibre.

NOTES

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