

# 3 Bean and Veggie Chilli.

Servings: 5/6 portions



## Ingredients

- Brown Onion x 1
- Chilli x 1
- Ginger x Thumb Size
- Garlic x 5 Cloves
- Tomato Paste x 1 Tbsp
- Tinned Tomato x 2 Tins
- Kidney Beans x 1 Tin
- Borlotti Beans x 1 Tin
- Butter Beans x 1 Tin
- Courgette x 1
- Red Pepper x 1
- Ground Cumin x 2 Tbsp
- Smoked Paprika x 1 Tbsp
- Ground Coriander x 1 Tsp
- Ground Cinnamon x 1 Tsp
- Coriander x 1 Bunch

Great for making in bulk and preparing a bunch of meals for later in the week when you're busy or simply freeze for a later date.

## Method

- Dice the onion and sweat off in a little oil in a large pan.
- Blitz the chilli, ginger and garlic to make a paste then add to the onions. Cook out for a minute.
- Turn the heat down and add the spices followed by the tomato paste.
- Chop the courgette and pepper into big chunks and add those to the pan.
- Once the veg has softened a little add in the tinned tomato and beans. Fill one empty tin with water and add this to the pan to loosen it up a bit.
- Bring up to the boil then reduce to a simmer for 45 minutes to an hour. Stir occasionally to prevent the beans from sticking to the bottom.
- Last minute add a handful of chopped coriander and serve with rice or potato wedges.

This one is always better the following day, once it has had a chance to chill out those flavours just get better and better.