



VEGETARIAN CHILLI.

Serves 4

Ingredients

2 cloves of garlic, crushed
1 onion, finely chopped
2 celery sticks, finely sliced
1 green pepper, finely chopped
175ml filtered water
400g tin chopped tomatoes
1 tablespoon tomato paste
1 vegetable boullion cube
1 tablespoon fresh parsley, chopped
1 – 2 teaspoons chilli powder
½ teaspoon ground cumin
2 x 400g tins red kidney beans

1. Place the garlic, onion, celery and green pepper into a large saucepan with the water, and cook until the vegetables are tender.
2. Add the tomatoes, tomato paste, boullion cube, parsley, chilli powder and cumin. Stir well.
3. Add the beans then bring to the boil, cover and simmer for around 45 minutes, stirring occasionally.
4. Serve with wholegrain rice or quinoa.

* Wheat free, gluten free, dairy free.
* Vegetarian.