



Vegetarian Chilli

Ingredients

1 onion, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 fennel bulb or 2 sticks of celery (or both) 250g small potatoes, diced into 1/2-inch pieces 3 cloves garlic, crushed
1 Tin chopped tomatoes
1 Tin Red Kidney Beans
1 Tin Black Beans
1 tablespoons chili powder or 2 fresh chopped chillies
1 tablespoons ground cumin
1 teaspoon paprika
1 tablespoon tomato puree 400ml water
Squeeze of lemon juice
Salt and black pepper, to taste



Method

Add some olive oil to a large pan. Fry the garlic, onions, peppers, fennel, celery. When soft, add the potatoes, beans, chopped tomatoes, tomato puree, water, Chilies or chilli powder, cumin, paprika, salt, and pepper. Stir and combine all the ingredients.

Bring slowly to a boil then turn down to simmer. Cover and cook until the potatoes are tender. This will be approx. 30 minutes depending on the size or the potato from covering the pan.

Serve the chili warm with spring onion, avocado, and tortilla chips, if desired.

Other information

Serves: 4
Preparation time: 20mins
Cooking time: 30 mins