Three Bean Chili

BASE RECIPE



Makes around 6 servings

Ready in 45 mins

Recipe can easily be scaled up

Ingredients

1 can each of kidney beans, black beans and cannellini beans.
1 can of chopped tomatoes
2 sticks of **celery**, chopped
1 carrot, finely chopped
1 onion, finely chopped
1 pepper, chopped
2 cloves of garlic, finely chopped
1 tbsp tomato purée
1 tsp each of ground cumin, dried oregano, smoked paprika and chili powder.
1 **vegetable stock cube**

Notes

You can substitute the individual spices in this recipe for a chili spice mix. If you cook this recipe more than once, individual spices may work out cheaper.

Add a pack of pork or beef mince to this recipe if you want a non-vegetarian version. Add after step one and brown the meat before add the spices. Keep the bean mix as this will make the recipe go further.

Directions

- Heat a small amount of oil in a deep frying pan or saucepan. Add the chopped celery, carrots, onions, pepper and garlic and fry for few minutes until softened.
- Add the tomato purée and dried spices. Cook for around a minute, until the tomato purée turns bright red.
- Add the canned tomatoes, rinse out the can with water and add this too.
- Add the vegetable stock cube and stir until dissolved.
- Rinse the beans in a sieve or colander and add to the pan. Bring to a rapid simmer and then turn down the heat so the pan is just simmering.
- Cook, uncovered, for around 20 minutes so that the sauce thickens and reduces.. Season to taste.

Allergens in bold

BATCH IT UP

Classic Chili

Serve with rice, chopped spring onions, sour cream and grated cheese. Try serving over a jacket potato as well.

Chili Pasta Bake

Cook some penne for a couple of minutes less than the packet instructions. Mix with the chili, top with grated cheese and bake for 30 minutes at 180c.

Burritos

Add to tortilla wraps with fillings of your choice. You could add roasted veg, guacamole, chopped lettuce and cucumber. You can also use a pack of microwave rice for the full burrito experience (and to make the recipe go further). Just don't forget the hot sauce!



This also makes great nachos. Use tortilla chips (or make your own by shallowing frying some cut up wraps). Add to an oven proof dish with grated cheese scattered between the layers and bake for 5 mins to melt the cheese. Serve topped with the chili, guacamole, sour cream and sliced chilis.

Stuffed Peppers

Cut a pepper in half and remove the seeds. Fill both halves with the chili and top with some cheese. Bake for 30 to 40 mins at 180c until the pepper is soft. Serve with rice or couscous.