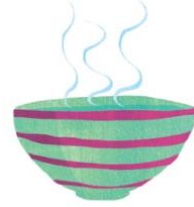


COOKING UP

VEGGIE CHILLI

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

SERVES X 



INGREDIENTS

1 tablespoon vegetable oil
1 medium onion
1 stick celery
2 carrots
2 garlic cloves finely chopped/minced
½-1 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
300g long grain rice or a pack of tortillas
Salt and pepper
Plain yoghurt to serve

EQUIPMENT

Knife, peeler
Measuring spoons
Wooden spoon
Chopping board
Measuring jug
2 saucepans

ALLERGENS

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

TIP

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

METHOD

- 1 Peel the onion and dice finely. Trim the ends of the celery and dice into small pieces (similar size to the onions). Peel the carrots and chop into 1cm cubes.
- 2 Heat the vegetable oil in the saucepan and add the chopped vegetables. Stir well, cover and cook over a medium-low heat for approximately 10 minutes, stirring often until soft.
- 3 While the vegetables are cooking, place the garlic cloves on a chopping board and squash with the back of a wide bladed knife; remove the skin and chop finely. Prepare the pepper: 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 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. Peel the sweet potatoes and cut into 1cm cubes.
- 4 Add the garlic, chilli, cinnamon cumin and smoked paprika 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 or passata, fill up the empty tin/carton with water and add to the pan. Drain and rinse the tinned beans and then add to the pan. Heat till bubbling, then partially cover the pan and simmer, stirring occasionally for 30 mins.
- 5 While the chilli is cooking, rinse the rice in running water using a sieve. Tip the rice into a large saucepan over a low heat and add 600ml of water (double the volume of water to rice). Bring to a boil, stir once, put a lid on and turn the heat down to as low as possible. Simmer gently for approx. 10-15 minutes (do not remove the lid). Once the water has been absorbed, remove from the heat and fluff the rice with a fork.
- 6 Season the chilli with salt and pepper and serve in bowls with rice or tortillas and topped with yoghurt.



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