



Artisan Chef, Food Writer & Teacher

HEALTHY VEGETABLE CHILI

This is a lovely alternative to a meat chili. You can use your creativity and use many different vegetables. You could add courgettes and I have used Trompetino courgettes in my version. Also utilise your favourite pulses, a mix adds different flavour and textures.

Serves: 4-6

Preparation time: 20 mins

Cooking time: 1 hour

Serve with – sliced spring onion, avocado, soured cream and rice.

INGREDIENTS

1 onion, diced

1 red bell pepper, diced

1 yellow bell pepper, diced

250g small potatoes, cut into 1/2-inch pieces

3 cloves garlic, minced

1 tin Red Kidney Beans

1 tin Black Beans

1 tablespoons chili powder or 2 fresh chopped red chillies

1 tablespoons ground cumin

1 teaspoon paprika

1 tablespoon tomato puree

500ml water

Squeeze of lemon juice

Salt and black pepper, to taste

METHOD

In a large pan add some olive oil. Fry the garlic, onions, peppers, fennel. When soft add potatoes, beans,

Tomato, tomato puree, water, Chillies or chilli powder, cumin, paprika, salt, and pepper. Stir to combine. Bring slowly to a boil then turn down to simmer.

Add the potatoes cover and cook until they are tender, approx. 30 minutes from covering.

Leave to cool and then let the flavours combine and mature, storing the chili in a fridge until you need to re-heat and serve.

Paul Bellchambers

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