



VEGETABLE CHILLI

Serves 4

Ingredients

- 2 onions chopped
- 2 cloves garlic crushed
- ½ tsp chilli powder
- 60 grams wholemeal flour
- 2 green peppers diced
- 4 carrots diced
- 60 grams lentils (soak beforehand)
- 580ml vegetable stock
- 2 tins chopped tomatoes
- 1 tablespoon oil
- Thyme and cumin to taste

Method

1. Heat oil and add onions and garlic.
 2. Fry until tender, then add chilli powder
 3. Gradually blend in flour
 4. Add stock, mix well and bring to boil
 5. Add peppers, carrots, lentils, tomatoes and herbs and simmer until cooked
 6. Serve chilli on a bed of rice
- For the rice, boil water (one mug of water to ¼ mug of rice) then add rice and stir quickly
Bring the rice back to the boil and cook until soft (white 10-12 mins, brown 30-35 mins)
Drain rice in sieve or colander and rinse with boiling water to stop it sticking

