



BEAN & VEGETABLE CHILLI

Serves 4

Ingredients

- 2 tbsp vegetable oil
- 1 onion peeled and chopped
- 1 courgette, chopped
- 1 carrot chopped
- 1 pepper, sliced
- 4 mushrooms, sliced
- 2 cloves garlic
- 2 tins tomatoes
- 1 tin beans
- 2 tbsp tomato puree
- 1-2 tsp chilli powder
- 1 vegetable stock cube - dissolved in 150ml boiled water

Slow Cooker Method

1. Heat oil in frying pan, add onions, carrots, courgette.
2. Stir and cook until softened.
3. Stir in chilli powder and cook for a further 2 minutes.
4. Add mushrooms, cook for a further minute.
5. Place vegetable mix into slow cooker with beans, tomatoes, tomato paste, stock and black pepper. Stir with a wooden spoon.
6. Cook for 3-4 hours on low setting.

Remember not to remove the lid until cooking time is up.



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