



Slow Cooker Bean and Veggie 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 chopped tomatoes
- 1 tin beans
- 2 tbsp tomato puree
- 1-2tsp chilli powder
- 1 vegetable stock cube, dissolved in 150ml boiled water

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.
6. Stir with a wooden spoon
7. Cook for 3-4 hours on low setting.

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

