LET'S EAT!

VEGETABLE CHILLI

45 minutes

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Allergens: celery

What is it?

A lovely healthy dish full of flavour and packed with veggies! This meal is a great one to get in plenty of your five a day!

MAKE IT FUN!

If you are not a fan of spicy food you can adjust the amount of chilli powder to your taste. Try different colours and even flavour infused rices to liven up the dish.

What you'll need:

	For 2 people	3 people	4 people
Rice	80g	160g	220g
Thyme	½ tsp	1 tsp	1 tsp
Garlic clove	1	1	1
Kidney beans	60g	90g	120g
Vegetable stock	1 cube	1 cube	2 cubes
Chilli powder	½ tsp	1 tsp	1 tsp
Paprika	½ tsp	1 tsp	1 tsp
Onion	1/2	1	1
Carrot	2	2	3
Courgette	1/2	1	1
Chopped tomatoes	150g	200g	250g
Cauliflower	1/2	1/2	1
Mixed peppers	1	2	2

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

In a pan, fry the onion, chopped garlic clove and carrots for 5-10 minutes. Add the vegetable stock and cook for another 5-10 minutes.

Step 2:

Add the chilli powder, thyme and smoked paprika and stir in. Then add the chopped tomatoes and cauliflower florets. Give everything a good stir.





Step 3:

Simmer the chilli for a few minutes, then add the peppers and stir. Cook for another 5-10 minutes before adding the courgettes and kidney beans. Simmer for a further 5-10 minutes to set off all the flavours. Taste a little bit and add some seasoning if needed.

Step 4:

Meanwhile, add the rice to a saucepan of boiling water and boil until the rice is soft to taste. Place scoopfuls of your rice in a bowl then load some vegetable chilli mix on top, and tuck in!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!