

Quick and Easy Vegetable Chilli

Ingredients

- 2 onions, peeled & quartered
- 3 garlic cloves, peeled
- 1 large carrot, peeled & sliced
- 1/4 Swede, roughly chopped
- 2 tins of kidney beans, drained
- 1 tine of chopped tomatoes
- 1 tsp ground ginger
- 2 tsp ground coriander
- 1/4 tsp ground cumin
- 1 tbspc of olive oil
- 1/2 tsp dried chilli flakes
- 1 tsp chilli powder
- 1/4 of a Cauliflower, broken into small florets
- 400g rice to serve



Method

Place the onion and garlic into a food processor and whiz a couple of times until finely chopped. Tip the onion into a medium saucepan along with the oil and start cooking over a medium heat..

Now do the same with the carrot and swede and place into the pan with the onions.

Next add all the spiced and continue cooking for a further 2-3 minutes stirring every so often.

Add the tin tomatoes and 1/4 pint of water and bring to a simmer..

Tip in the kidney beans and cook for 15 minutes.

Finally add the cauliflower and simmer for 9-10 minutes, add a little extra water if necessary.

Season to taste and serve with rice or crusty bread and a dollop of sour cream.

Taken from the Co-operative food website.