



Veggie Chilli

GREEN ACT/SA / Everyday NSW

Makes 15 serves (on its own) 30 serves (to serve with rice/potatoes)

Ingredients:

- 3 tablespoons olive oil
- 1 large onion, finely chopped
- 1 red Capsicum, finely chopped
- 2 sticks celery, finely chopped
- 2 medium carrots, finely chopped
- 3 cloves garlic, chopped
- 2 medium chillies, chopped
- 3 teaspoon ground cumin
- 2 teaspoon ground paprika
- 2 teaspoons ground coriander
- 2 teaspoons oregano (fresh or dried)
- 2 zucchinis, finely diced
- 200gr button mushrooms, finely diced
- 1 x 400g tin corn kernels
- 1 x 400g tin lentils
- 1 x 400g tin pinto beans (kidney beans)
- 2 x 400g tins diced tomato

Method:

1. Heat up a large saucepan on add olive oil, onions, capsicum, celery, carrots and garlic cook for 5 minutes until soft and add the chillies and cook for a further 2 minutes.
2. Add cumin, paprika, coriander and oregano and cook out spices for 2 minutes.
3. Place in the mushrooms, zucchini, corn kernels, lentils, pinto beans and tinned tomatoes and bring to the boil
4. Reduce the heat and simmer for 25minutes or until well combined and thick.

Tips:

- Garnish with cheese, yoghurt, guacamole, and fresh coriander.
- Serve on rice, jacket potatoes or with homemade tortilla chips or on their own.

Nutrition information:

	Per serve (200g)	Per 100g
Energy (kJ)	566	280
Protein (g)	7.2	3.6

Fat – total (g)	4	2
Fat – saturated (g)	0.6	0.3
Carbohydrates – total (g)	15.7	7.8
sugar (g)	5.2	2.6
Sodium (mg)	161	80
Fibre (g)	3.6	1.8