

# VEGGIE CHILLI CON CARNE

## **Ingredients**

- 500 grams soy mince or any veggie mince
- 500 grams red kidney beans or 2 tins/cans
- 2 tins of chopped tomatoes or 750 ml passata
- 500 ml vegetable stock
- 3 bell peppers
- 2 medium carrots
- 2 celery stalks
- 2 medium onions
- 3 garlic cloves
- 5 tablespoons tomato puree
- 1 fresh chilli pepper
- 2 tbsp olive oil
- 1 tbsp paprika
- 1 tsp salt
- 1 tsp Cummin
- 1-2 tsp Mild Chilli powder depending on warmth
- 1 tsp paprika

## **Instructions**

1. Start by prepping the veg and beans. Finely chop the veggies - carrots, celery, bell peppers, garlic, onion and fresh chilli pepper.
2. If using tinned kidney beans then you'll want the beans rinsed and drained.
3. Heat up the olive oil in a big saucepan over medium heat. Add the onion and garlic and fry until they are soft.
4. Add the chopped veggies (peppers, celery, carrots) very soft and cook for 5 mins to get them slightly transparent.
5. Add the spices, soy mince, and tomato purée/ passata (tinned diced tomatoes also works). Cook for 3-4 minutes while stirring occasionally.
6. Add the chopped tomatoes and the veggie stock. Stir well. Cook for another 3-4 minutes and bring to a boil.
7. When the mix starts bubbling, lower the heat and simmer for another 3-4 minutes.
8. Finally, add the cooked red kidney beans. Mix well and simmer for a few further minutes, until the beans are completely heated through.

9. Your soy chilli is then ready to serve immediately, or be portioned into meal-prep/ freezer-friendly containers. If you're storing some for later, just make sure that it has completely cooled down before moving to the fridge/freezer. Serve your chilli con Carne hot with sour cream ( or vegan yogurt), fresh herbs and lime. I like to pair mine with brown rice or quinoa, or even as a topping for a baked sweet potato. You can also use the chilli as tortilla filling and make delicious vegan burritos or serve with corn chips and dairy-free cheese for a nachos style dish. Keep in the **fridge for 4-5 days or the freezer for up to three months.**

#### **Notes**

- This recipe is very versatile. Feel free to swap out vegetables for what you have available, swap the soy mince for more beans, sweet potato or quinoa and more.
- This can be meal-prepped and stored in the fridge for 4-5 days or freezer for 3 months.