

# Vegetarian Chilli

## Ingredients for 4-6 people

1 large onion  
50g mushrooms  
2 garlic cloves  
2 courgettes  
1 red or green pepper  
1 can chopped tomatoes (400g)  
1 can red kidney beans (400g)  
1 x 15ml spoon tomato puree  
300ml water  
 $\frac{1}{2}$  x 5ml spoon chilli powder (or  
1 x 5ml spoon  
if you like your chilli hot)  
 $\frac{1}{2}$  x 5 ml spoon dried paprika  
1 x 5ml spoon dried mixed  
herbs  
Black pepper



## Method

1. Wash the mushrooms, courgettes and pepper.
2. Use the sharp knife and chopping board to slice the mushrooms. Chop the ends off the courgette and chop into small pieces.
3. Cut the stalk off the pepper, cut the pepper in half, remove the seeds and chop the pepper into small pieces.
4. Chop the ends off the onion and remove the skin. Chop the onion into small pieces.
5. Slice the ends off the garlic cloves, remove the skin and crush the garlic using the garlic press.
6. Turn the hob onto a medium heat. Measure the oil into the saucepan and add the crushed garlic.
7. Add all the chopped vegetables to the saucepan and cook for 5-10 minutes until they begin to soften, stirring regularly.
8. Add the tomato puree and cook for 1 minute.
9. Open the cans of chopped tomatoes and kidney beans. Drain the water from the kidney beans.
10. Add the chopped tomatoes and kidney beans to the saucepan.
11. Measure the cold water and add to the saucepan.
12. Add the chilli powder, paprika herbs and black pepper.
13. Turn up the heat to full power and bring the chilli to the boil. It will start to bubble after a few minutes.
14. Once it is boiling, turn the heat down to a very low heat and simmer for 30-45 minutes, stirring occasionally.