



VEGETARIAN CHILLI



INGREDIENTS

SERVES 6

- 1 onion
- 1 red capsicum
- 3 cloves garlic
- Fresh coriander stalks
- 1 fresh chilli
- Splash of olive oil
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 can mixed beans
- 1 can kidney beans
- 1 can chopped tomatoes
- Salt and pepper to taste

FROM THE GARDEN

- Coriander
- Chillies

EQUIPMENT

- Chopping boards
- Sharp knives
- Garlic press
- Disposable gloves
- Large saucepan
- Colander
- Wooden spoon

INSTRUCTIONS

1. Finely slice the onion.
2. Chop the capsicum.
3. Mince the garlic using a garlic press.
4. Finely slice the coriander stalks.
5. Cut the chilli in half, remove the seeds, then slice finely.*
6. Warm the olive oil in a large saucepan and saute the onion until soft and translucent.
7. Add the capsicum and garlic and fry for a few minutes.
8. Add the coriander stalks, chilli and the ground spices.
9. Drain the beans, then add them and the chopped tomatoes to the pan.
10. Season with salt and pepper.
11. Bring up to a simmer, then let it cook uncovered for around 30 minutes.

*CAUTION!!

When handling the fresh chilli ALWAYS wear gloves, and be sure not to wipe your face/eyes with your hands until the gloves are off.