

VEGAN 3-BEAN CHILLI

Vegan friendly!

SERVES 4

1 tbsp coconut oil
 1 large red onion, diced
 3 large garlic cloves, minced
 2 red chillies, seeded and diced
 2 large celery sticks, very finely chopped
 1 large red pepper, seeded and diced
 2 x 400g tins of chopped tomatoes
 250ml (9fl oz) vegetable stock
 4 tbsp tomato puree
 400g tin of black beans, drained and rinsed
 400g tin of pinto beans, drained and rinsed
 400g tin of kidney beans, drained and rinsed
 1 tbsp mild chilli powder
 2 tsp ground cumin
 1 tsp dried oregano
 ½ tsp smoked paprika
 pinch of cayenne pepper (optional)
 salt and black pepper
 salad or rice, to serve

Chilli is the ultimate warming meal in the winter months and this – another one-pot wonder – caters to all dietary requirements. It also stores well in the fridge or freezer so is ideal for making in bulk.

1. Heat the oil in a frying pan over a medium-high heat, add the onions and garlic and sauté until softened. Add chillies, celery and pepper and sauté for a further 5 minutes, then stir in the chopped tomatoes, stock and tomato puree.
2. Add all the beans, along with the spices (except the cayenne, if using), and simmer for 10–15 minutes until thickened. Taste and if you want it spicier stir in the cayenne and continue to cook for a further 1–2 minutes.
3. Remove from the heat, season to taste, and serve with salad or some rice.

Tip: If you're a meat eater, feel free to add lean minced meat after sautéing the onions.