



MEXICAN STYLE CHILLI (Meat / meatless options)

INGREDIENTS:

- 1lb / 454g lean mince beef or use lentils / kidney / black beans as a veggie substitute
- Cold pressed olive oil
- 1 red onion
- 1 white onion
- 2 garlic cloves
- 2 carrots
- 1/2 courgette
- 1/2 eggplant
- 1/2 green pepper
- 4-6 mushrooms
- 1 tsp Paprika
- 1 tsp cumin
- 1tsp chilli powder! You can use a chilli here or leave out if you want less spice and heat.
- Pinch Cayenne pepper
- Seasalt
- Black Pepper
- Nutritional Yeast (if not using meat)
- Tin chopped tomatoes



Add in the final 10 minutes

- Tin kidney beans
- 1/2 tin sweetcorn

METHOD:

- Saute the onion, garlic, carrot in olive oil.
- Add in the mince until browned - cook slowly and add a little water to avoid sticking.
- Add in the vegetables of your choice (diced)
- Add in the flavour release ingredients.
- Bring to boil ,reduce and simmer for 20-30 minutes.
- In the final 10 minutes add the kidney beans and sweetcorn.

SERVING SUGGESTIONS:

- Corn taco shells
- Wild rice / brown rice / white rice
- Greek style yogurt instead of sour cream
- Lettuce leaves like romaine or butterhead for lettuce cups – great if you are watching carbs
- Tomato
- Hard cheese grated
- Grilles Corn on the cob