

VEGETARIAN CHILLI

Per serve (6 serves)

Calories 235, Fat 6.4g, Carbohydrate 37,6g, Fibre 10.3g, Protein 10.9g

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large red capsicum, chopped
- 2 medium carrots, chopped
- 2 teaspoons of minced garlic
- 3 tablespoons of mingle taco mix (or a mix of paprika, cumin, salt and pepper)
- 1 can diced tomatoes
- 2 cans black beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 2 cups vegetable broth or water
- Optional 1 teaspoon - tablespoon fresh chilli

DIRECTIONS

1. In a large heavy-bottomed pot over medium heat, warm the olive oil
2. Add the chopped onion, capsicum, carrot, celery. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 10 minutes.
3. Add the garlic and taco seasoning, cook until fragrant while stirring constantly, about 1 minute.
4. Add the diced tomatoes and their juices, the beans and vegetable broth. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.