

MOUTHWATERING MEATLESS CHILI SIN CARNE (VEGAN)

COURSE: MAIN COURSE CUISINE: MEXICAN, VEGAN

TIME: MAX 30 MIN CALORIES: 150 - 450 KCAL

DIET: DAIRY-FREE, EGG-FREE, GLUTEN-FREE, VEGAN

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES SERVINGS: 4 PEOPLE CALORIES: 367KCAL



EQUIPMENT

- Pan
- Cooking spoon
- Cutting board
- Knife

INGREDIENTS

- 1 onion
- 1 bell pepper, green
- 1-2 clove garlic
- 1 tbsp olive oil
- 1 chili / jalapeño
- 5-6 sun-dried tomatoes in oil (drained)
- 1 cup vegetable broth
- ½ cup water
- 1 cup brown lentils, cooked (1 cup = 1 can 15oz/400g)
- 1 can kidney beans (1 can = 15oz/435g)
- ½ can sweet corn (1 can = 15oz/435g)
- 1 can tomatoes (1 can = 14 oz/400g)
- 1 tbsp tomato paste
- 1 tsp cumin, ground
- 2 tsp paprika powder
- 2 tsp oregano (fresh, frozen, dry - all work - use more if fresh)
- Salt and pepper to taste
- 1-2 tbsp maple syrup

INSTRUCTIONS

1. Dice the **onion, garlic, bell pepper, chilli** and **dried tomatoes** into small pieces. Then throw all these ingredients into a pan with **oil** and fry them for 3 minutes on a low heat.
1 onion, 1 bell pepper, green, 1-2 clove garlic,
1 chili / jalapeño, 5-6 sun-dried tomatoes in oil,
1 tbsp olive oil
2. Add the **broth** and **water**, rinsed and drained **beans, lentils, sweetcorn** and **chopped tomatoes** and stir well.
1 cup vegetable broth, ½ cup water,
1 cup brown lentils, cooked, 1 can kidney beans,
1 can tomatoes, ½ can sweet corn
3. Add the **tomato paste** and season with **salt, pepper, cumin, paprika powder** and **oregano**. Really nice if you add **maple syrup**. Let it all simmer on medium heat for 20 mins, stirring occasionally.
1 tbsp tomato paste, 1 tsp cumin, ground,
2 tsp paprika powder, 2 tsp oregano,
Salt and pepper to taste, 1-2 tbsp maple syrup
4. Season with salt and pepper and serve with rice, toasted bread on the side, a dollop of (vegan) sour cream and sliced **avocado** if desired.
1 avocado

- 1 avocado (for garnish)

NUTRITION

Calories: 367kcal | Carbohydrates: 54g | Protein: 15g | Fat: 13g | Saturated Fat: 2g | Sodium: 695mg | Potassium: 1119mg | Fiber: 17g | Sugar: 12g | Vitamin A: 1182IU | Vitamin C: 57mg | Calcium: 95mg | Iron: 5mg