

Five bean chilli and homemade nachos

Tea
Serves
10

Nutrition: protein, carbohydrates, fibre, calcium, iron

Ingredients

- 1 onion
- 1 clove garlic
- Splash of oil
- 2 carrots
- 1 stick of celery
- 400g mixed beans
- 3 tbsp tomato puree
- 800g chopped tomatoes
- 2 tbsp smoked paprika
- 1 tbsp chilli powder
- 400g peas
- 150g grated cheese (dairy or plant-based alternative)
- Coriander and spring onion to garnish
- 500g rice
- 3 tortilla wraps

Method

Finely dice the onion and garlic and sauté until soft. Dice the carrots and chop the celery. Add to the onions and garlic and sauté for a further five minutes.

Add the tomato puree and spices and cook for two minutes.

Add the beans, peas and chopped tomatoes and leave to simmer for 10 minutes.

Cut the tortilla wraps into 10 even triangles and bake in the oven for 10 minutes at 180°C.

Cook the rice according to the instructions on the packet.

Serve the chilli with rice and tortillas, with cheese, spring onions and coriander sprinkled on top.

Known allergens*

Gluten, dairy, celery

Substitutions

Use a gluten free tortilla wrap

Use a plant-based cheese product

Replace celery for leek



*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.

