

SLT - CHILI (VEGETARIAN)



Chili for days? Oh yes! This classic beef chili recipe, with a dark chocolate twist, will give you chili for days. Perfect for meal prep or to feed a large family. If the 7 portions from the recipe are not enough, you can easily double the recipe. Store in an airtight container in the fridge for up to 5 days or freeze for later.

15 minutes
45 minutes
7 portions

INGREDIENTS

- 1 medium onion
- 4 cloves of garlic
- 1 can red kidney beans (400g),
- 1 can of pinto beans (400g)
- 400 ml passata
- 3 tbsps of tomato puree
- 20 grams of dark chocolate
- 3 tbsps of chilli powder
- 2 tsps of garlic powder
- 2 tsps of cumin
- 1/2 teaspoon of paprika
- 240 ml beef stock
- 1 large can of diced tomatoes (400 g)
- 595 grams of quorn, mince

COOKING METHOD

- 1° Heat a large saucepan over a medium/high heat then add the minced beef, onion and minced garlic. Sauté for 7-10 minutes or until beef is fully browned.
- 2° Drain and rinse the kidney and pinto beans, and add to the pan with the passata, chopped tomatoes and tomato puree and stir to combine.
- 3° Add the spices and the beef stock and stir to combine.
- 4° Bring the chili to a boil, then reduce heat to low and simmer for 10-15 minutes to thicken. 5 minutes before the end of cooking, break up and add in the dark chocolate and stir to melt in.
- 5° Serve with your choice of sides and toppings. Examples include rice, baked potato, grated cheese and spring onions. Note: sides and toppings are not included in nutritional information.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (347 g)	% DRI
ENERGY	68 kcal	235 kcal	12 %
PROTEIN	6 g	21 g	41 %
CARBOHYDRATE	8 g	29 g	11 %
SUGARS	3 g	9 g	11 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
FIBER	4 g	15 g	61 %
SODIUM	270 mg	939 mg	39 %