




EASY MIXED BEAN CHILLI WITH RICE



This mixed bean chilli is not only easy to make, it's full of nutritious and filling veg (beans, tomatoes and peppers), and is perfect for a mid-week meal. This chilli will work with whatever pulses you have in your store cupboard and can be batch cooked and frozen down into portions and used for meal prep.

 5 minutes
 35 minutes
 4 portions

INGREDIENTS

- 1.5 tablespoons of rapeseed oil
- 1 onion, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 2 cloves of garlic, minced
- 1 tablespoon of ground cumin
- 1 tablespoon of ground coriander
- 2 teaspoons of hot smoked paprika
- 1 tin of chopped tomatoes (400 g)
- 1 tin of black beans, drained (400g)
- 1 tin of mixed beans, drained (400g)
- Pinch of sugar
- 250 grams of brown rice

COOKING METHOD

- 1° Heat the oil in a casserole dish and fry the onion and peppers for 10 minutes over a medium heat until the onion is golden brown.
- 2° Add the garlic and spices, and fry for 1 minute.
- 3° Pour in the tomatoes, both cans of drained beans and 50ml of water, then add the sugar and season.
- 4° Simmer, stirring regularly, for 15-20 minutes until thickened. Meanwhile, cook the rice following the packet instructions.
- 5° Serve the chilli on a bed of the cooked rice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (425 g)	% DRI
ENERGY	108 kcal	460 kcal	23 %
PROTEIN	4 g	17 g	35 %
CARBOHYDRATE	20 g	87 g	33 %
SUGARS	3 g	12 g	13 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
FIBER	4 g	15 g	60 %
SODIUM	68 mg	291 mg	12 %