

HIGH-PROTEIN VEGAN CHILLI



A robust vegan chilli that delivers 22g of protein per serving through a strategic combination of beans, lentils, and TVP. The blend of three bean varieties provides diverse amino acids for complete protein, while the red lentils add thickness and additional protein without extending cooking time. Rich in fibre and iron, this deeply flavoured one-pot meal features a complex spice profile enhanced by optional cocoa for depth. Perfect for meal prep and freezer-friendly for quick, nutritious weeknight dinners.

 15 minutes

 55 minutes

 6 portions

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 peppers (any colour), diced
- 4 cloves of garlic
- 2 tbsps of chilli powder
- 1 tbsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp of cayenne powder, adjust to taste
- 1 can of chopped tomatoes
- 1 can of kidney beans, drained and rinsed
- 1 can of pinto beans, drained and rinsed
- 1 can of black beans, drained and rinsed
- 192 grams of dry red lentils, rinsed
- 192 grams of textured Vegetable Protein (TVP)
- 1 stock cube, dissolved in 725ml of boiling water
- 1 tbsp if soy sauce  1 tbsp of Tamari (GF soy sauce)
- 1 tbsp of maple syrup (optional)
- 1 tsp of cocoa powder
- 1 tbsp of fresh lime juice (to taste)

COOKING METHOD

- 1° Heat olive oil in a large pot over medium heat. Add onion and bell peppers, cooking until softened (about 5-7 minutes).
- 2° Add garlic and cook for another minute until fragrant.
- 3° Stir in all spices (chilli powder, cumin, smoked paprika, cayenne) and cook for 30 seconds to bloom the spices.
- 4° Add tinned tomatoes, all beans, red lentils, TVP, vegetable broth, soy sauce, maple syrup (if using), and cocoa powder (if using).
- 5° Bring to a boil, then reduce heat and simmer for 30-35 minutes, stirring occasionally, until lentils are tender and chili has thickened.
- 6° Stir in lime juice and season with salt and pepper to taste.
- 7° Serve hot with your choice of wholegrains, and toppings such as my healthy sour cream and some guacamole

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (389 g)	% DRI
ENERGY	117 kcal	454 kcal	23 %
PROTEIN	10 g	38 g	76 %
CARBOHYDRATE	17 g	68 g	26 %
SUGARS	3 g	12 g	13 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
FIBER	5 g	18 g	73 %
SODIUM	228 mg	886 mg	37 %