

Mixed bean chilli

Serves: 4 30 minutes



This delicious, hearty chilli is packed full of fibre and contains just 300 calories per serving. It's quick and easy to prepare and can be made using mostly store cupboard items, costing just 54p per serving. This meal is also vegan!

Ingredients

- 1 x 400g tin chopped tomatoes
- 1 x 400g tin mixed beans
- Handful of red lentils
- 1 x red and 1 x yellow pepper
- 1 x red onion
- 2 teaspoons Chilli powder
- 1 tablespoon Cumin
- 1 tablespoon paprika
- To serve: Basmati rice

Method

- Dice your onion and slice peppers lengthways
- Fry for 5 minutes in 1 tablespoon oil / low calorie oil spray or a splash of boiling water
- Add chilli powder, cumin and paprika then fry for a further minute
- Drain and rinse mixed beans then add to the pan along with tinned tomatoes and a handful of lentils – mix well, add a splash of boiling water
- Bring to the boil then leave to simmer for 15 minutes (or until sauce thickens)
- Whilst the chilli is simmering, cook your rice as per label instructions.
- Serve your chilli with around 100g cooked rice.

Nutritional information:

300 Calories, 2.4g Fat, 49g Carbohydrate, 10g Fibre 11g protein

Extra tips:

- Frozen peppers can be used instead of fresh
- Add more or less spice depending on taste
- You can replace mixed beans and lentils for minced beef for a more traditional chilli con carne – note that this will increase the fat content.