



# 5 Bean Chilli

## Ingredients

- 2tsps chilli powder
- 1 onion (finely sliced)
- 4 cloves crushed garlic
- 2 peppers (finely sliced)
- 500ml vegetable stock
- 400g tinned tomatoes
- 1 tin of each 5 different types of beans  
(Suggested - Red Kidney beans, haricot beans, butter beans, cannellini beans and pinto beans. All drained and rinsed).
- 2 tsp cumin powder
- 1 tbsp chilli powder

## Directions

- **SPRAY OIL INTO A LARGE PAN AND HEAT.**
- **ADD ONIONS, GARLIC AND CHILLI, FRY UNTIL SOFT.**
- **ADD PEPPERS.**
- **ADD VEGETABLE STOCK AND TINNED TOMATOES, STIR.**
- **ADD ALL BEANS AND SPICES BEFORE BRINGING TO THE BOIL.**
- **SIMMER FOR 20 MINS TO REDUCE THE DISH.**
- **BEST SERVED WITH BASMATI RICE.**

## Prep Time

**TOTAL TIME: 50 MIN**

- Prep: 20 min
- Cook: 30 min

## Nutritional Analysis



*5 Bean Chilli*