

Chilli sans Carne

Serves: 4

Ingredients

- 4 large carrots grated
- 1 medium zucchini grated
- 1 cup yellow lentils
- 1 teaspoon vegetable stock powder
- 1 420g tin baked beans
- 1 340g tin corn kernels
- 1 400g tin chopped tomatoes
- 1 green capsicum - diced
- 1 onion - chopped
- 2 cloves garlic - crushed or 2 teaspoons minced garlic
- 1 teaspoon chili powder
- 2 tablespoons olive olive
- 1 tablespoon lime juice (optional)
- 1 teaspoon salt

Preparation method

1. Soak lentils overnight, drain.
2. Put lentils in a saucepan cover with water, add vegetable stock powder and cook for 20 -30 minutes.
3. Put Olive Oil in a a large frying pan or saucepan. When oil is hot, cook onion, garlic, capsicum, carrot, zucchini and chilli in pan until soft.
4. Add tinned tomatoes and cook for 2 -3 minutes. Add baked beans, corn. lentils and lime juice, stir thoroughly until all ingredients are combined.
5. Simmer, covered for approximately 15 minutes.