

Bean and lentil chilli

Serves 6



Ingredients (allergens in bold)

- 150g haricot beans, soaked in boiling water for 1 hour, drained
- 150g whole green or brown lentils, soaked for 30 minutes, drained
- 2 tbsp olive oil for cooking
- 1 large onion, peeled and chopped
- 2 cloves garlic, peeled and crushed
- 1 fresh green or red chilli, de-seeded and finely chopped
- 3 carrots, scrubbed and finely sliced or diced
- 2 sticks **celery**, washed and finely sliced
- 1 x 400g canned tomatoes
- 1 tbsp tomato puree
- ½ - 1 tsp chilli powder or hot smoked paprika
- 1 tsp ground cumin
- 1 bay leaf
- 1 vegetable **stock cube**, made up with 600ml boiling water
- 1 red or green pepper *plus additional seasonal veg if available
- Salt and pepper

Method

1. Place the beans, in their soaking water, in a large pan and boil for 30 minutes. Drain and discard the water.
2. Heat the oil in a large pan and gently fry the onion, garlic, carrot, celery and chilli for 5 minutes. Don't let it brown.
3. Add the canned tomatoes, tomato purée, the drained beans and lentils, spices, bay leaf and vegetable stock and bring to the boil. Reduce the heat and simmer for 30 minutes.
4. Add the chopped peppers and seasonal vegetables and continue to simmer for another 30 minutes or until everything is tender.
5. Taste and season with salt and pepper.



Equipment

- mixing bowl
- colander or sieve
- large pan with lid
- chopping board
- sharp knife
- measuring jug
- wooden spoon or spatula
- teaspoon
- tablespoon

Recipe notes and tips

- *Seasonal veg like courgettes & sweetcorn work well in this.
- You may have to add a little more water during cooking if the beans get too dry.
- Serve with brown rice, wholewheat pitta bread or homemade potato wedges.
- Can be chilled and reheated the next day – make sure it is piping hot!