

Vegan Chilli

by Robert Alderman



Allergy information

Milk

Serves 6

Ingredients

- 5 medium-sized carrots (400/450g)
- 3 medium-sized sweet potatoes (450g)
- 2 onions
- 2 x 400g tins chopped tomatoes
- 1 x 380g tin black beans
- 1 x 5ml paprika
- 1 x 5ml chilli powder
- 2 x 15ml sunflower oil
- 450g rice (75g per person)
- 900ml boiling water (150ml water to each 75g rice)

To serve 150ml natural Greek-style yogurt and 10/15ml chopped fresh parsley or coriander.

Equipment

- Sharp knife
- Chopping Board
- Peeler
- Colander
- Scales or cup
- Tin opener
- Sieve
- 1L jug
- Kettle
- 2 Saucepans with lids (or frying pan and saucepan with lids)
- Oven tray
- Ziplock bag (optional)
- Measuring spoons or teaspoon
- Wooden spoon or plastic spatula
- Fork
- Serving Spoon





Method

1. Put the oven on to pre heat to 180C fan
 2. Peel and chop the sweet potatoes and carrots into 1.5/ 2cm pieces. Put chopped veg into a Ziplock bag
 3. Add 15ml oil and 5ml of paprika to the bag and massage until all pieces are coated. Empty the bag contents onto the oven tray and cook in the oven for 30 mins
 4. Peel and chop the onions. Put 15ml oil into the frying pan on a medium heat. Add the onions and sauté gently for five minutes and then add the chilli powder. Continue to sauté for another few minutes until the onion has softened and is translucent
 5. Add the chopped tomatoes. Rinse each tin with a bit of water, add to the tomato mixture and stir well. Bring to the boil, cover and reduce the heat and allow to simmer for 10 mins
 6. Open, drain and rinse the tin of black beans, add to the pan and stir
 7. Remove the sweet potato and carrots from the oven and add to the tomato mixture
 8. Cover and allow to simmer on a low heat for a further 15 mins
 9. While the chilli is simmering. Measure the rice and rinse in a sieve under cold running water to remove the excess starch
 10. Put the rice into a saucepan and add the boiling water. Stir the rice once to make sure it's well distributed, cover with a lid and reduce the heat to low
 11. Cook for 10 mins and do not take the lid off. Fluff up with a fork before serving (the rice will have absorbed all the liquid).
- Serve with a crunchy green salad and top the chilli with a spoonful of yogurt and a sprinkle of fresh chopped parsley or coriander.

Tips and alternatives

The chilli flavours get even better if they have time to develop so if you have time, give the chilli an extra 20mins on a low heat at step 7. Alternatively try making your chilli a day ahead. Pop it in the fridge when it has cooled and reheat the next day when you need it. Make sure you reheat it fully until it is piping hot.

How about adding some extra ingredients? A 5ml teaspoon of ground cinnamon added at step 4 can add complexity to the flavour. Add a chopped red or orange pepper at step 4 for an extra bit of colour and goodness. No black beans in the store cupboard? Never mind try adding a drained can of mixed pulses or 400g can of baked beans instead or red kidney beans, for a change.