



## Vegetarian Bean Chilli (Serves 4)

This recipe is quick to cook and requires very little prep. Any tinned beans work well in this recipe, so you can use whatever is available at home.

### Ingredients

- 1 tbsp oil
- 1 can kidney beans, drained
- 1 can chopped tomatoes
- 1 can butter beans, drained (or any other tinned beans available)
- 1 can haricot beans, drained (or any other tinned beans available)
- 2 tbsp tomato puree\*
- 1 onion, chopped\*
- 1 clove garlic, crushed\*
- 1 heaped tsp chilli powder
- 1 tsp paprika\*
- 1 tsp ground cumin\*
- Pinch of salt
- 300g rice to serve

\*if not available these ingredients can be left out

### Method

1. Heat oil in large saucepan, add onion and garlic and fry for five minutes until soft
2. Add chilli powder, cumin and paprika and fry for a further minute
3. Add beans, chopped tomatoes and pinch of salt
4. Bring to boil, then simmer for 10 mins.
5. To cook the rice: Place rice in a saucepan with 700ml of water
6. Bring to the boil, cover and simmer gently for 10-12 mins, add more water if necessary
7. Drain and fluff up with fork before serving

### Nutrition

Beans are a cheap source of protein, low in fat and count as one of your 5 a day. They are also high in fibre. Fibre can help with digestion and make us feel fuller for longer. Increasing Fibre in our diet can also help to reduce the risk of heart disease, diabetes and colorectal cancer.

#### Nutrition per portion - 501g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
596kcal	7.5g	1g	10.5g	0.3g	25.5g	98.6g	17g
30%	11%	5%	12%	5%	51%	38%	-

#### % of an adult's reference intake

Please Note: Altering the ingredients will change the nutritional content of the meal

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