

# Vegetarian Bean Chilli

✓ Hob only



## Equipment:

- Spoon
- 1 saucepan
- 1 mug
- Frying pan (if using onion)
- Knife (if using onion)

## Ingredients for 2 portions:

- ½ mug of rice
- ½ tbsp oil
- 1 tin chopped tomatoes
- ½ tin beans e.g. kidney beans
- 1 chopped onion (if available)
- Optional: seasoning of your choice e.g. chili powder, dried herbs
- Optional: other vegetables e.g. tinned sweetcorn, pepper

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

## Steps:

1. Fill a pan with water and 1 tsp of salt. Heat until boiling. Add rice and continue to boil as per instructions on packet. Drain water when cooked and set aside.
2. If using chopped onion, place in the other pan with the oil and heat. Fry gently until soft.
3. Add the tomatoes, drain the beans and add them along with the seasoning. Bring to the boil. Add any other vegetables and simmer for 10-15 minutes
4. Serve the chilli with the rice
5. If you have any fresh herbs you can add these on top.

# Vegetarian Bean Chilli ✓ Hob only



## Equipment:

- Spoon
- 2 saucepans
- 1 mug
- Knife (if using onion)

## Ingredients for 4 portions:

- 1 mug of rice
- 1 tbsp oil
- 2 tins of chopped tomatoes
- 1 tins of beans e.g. kidney beans
- 1 chopped onion (if available)
- Optional: seasoning of your choice e.g. chili powder, dried herbs
- Optional: other vegetables e.g. tinned sweetcorn, pepper

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

## Steps:

1. Fill a pan with water and 1 tsp of salt. Heat until boiling. Add rice and continue to boil as per instructions on packet. Drain water when cooked and set aside.
2. If using chopped onion, place in the other pan with the oil and heat. Fry gently until soft.
3. Add the tomatoes, drain the beans and add them along with the seasoning. Bring to the boil. Add any other vegetables and simmer for 10-15 minutes
4. Serve the chilli with the rice
5. If you have any fresh herbs you can add these on top.