



Chilli 'Non' Carne

INGREDIENTS:

- 2 tbsp olive oil
- 2 medium onions, peeled and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 2 medium carrots, finely chopped
- 2 sticks of celery, finely chopped
- 2 red capsicum, roughly chopped
- 1 long red chilli, de-seeded and finely sliced
- 1 heaped tsp ground cumin
- 1 heaped tsp ground cinnamon
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 240g cooked chickpeas or 400g tin chickpeas
- 240g cooked kidney beans or 400 g tin red kidney beans
- 12 tomatoes, roughly chopped, or 2 x 400g tins chopped tomatoes
- ½ cup water or stock
- 2 tbsp balsami vinegar
- 1 large handful of coriander leaves, chopped



METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Heat the olive oil in the frying pan on medium – high heat
3. Add the chopped vegetables, including the chilli, and sauté for 3 minutes
4. Add the cumin, cinnamon, salt and pepper
5. Stir and cook for around 7 minutes until vegetables are softened and lightly coloured
6. Add the chickpeas, kidney beans and tomatoes, and cook for a few minutes
7. Add the water or stock and the balsamic vinegar, bring to the boil then turn the heat down to a simmer for 20 minutes, stirring every now and again to stop it catching
8. Divide between serving bowls and sprinkle over coriander leaves. Serve with Soft Taco Shells