

# VEGETABLE CHILLI

Recipe card



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Each 195g serving contains:

**DiABETES UK**  
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KCal  
129

Carbs  
18.3g

Fibre  
6.5g

Protein  
7.4g

Fat  
1.5g

Saturates  
0.2g

Sugars  
8.8g

Salt  
0.14g

Fruit/Veg  
Portion  
3

## Ingredients

- 2 tsp rapeseed oil
- 2-3 onions, finely chopped
- 1 red pepper, finely chopped
- 150g carrots, finely chopped
- 1 courgette, finely chopped
- 100g mushrooms, finely chopped
- 1-2 tsp chilli powder (mild or hot, according to your taste)
- 1 tsp ground cumin
- 1 tsp oregano
- 800g tin chopped tomatoes
- 400g tin lentils in unsalted water
- 400g tin cannellini beans in unsalted water
- 1 tbsp tomato ketchup
- Coriander, to garnish (optional)

**Serves 8 | Prep 15 mins | Cook 60 mins**

 For more information about eating a healthy, balanced diet and to browse over 500 more recipes, visit our website at [diabetes.org.uk/discover-food](https://diabetes.org.uk/discover-food)

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## Method

### Step 1

Heat the oil in a large pan, add the onions and cook for 5 to 8 minutes until they start to brown.

### Step 2

Add the red pepper, carrots, courgette and mushrooms, and cook for 10 more minutes.

### Step 3

Next, add the chilli powder, cumin, oregano and tomatoes. Mix well, then cook for another 10 minutes, stirring regularly.

### Step 4

Add the lentils and beans with their water, and ketchup. Mix well and bring to a gentle bubble. Add a lid and simmer gently for 30 minutes, stirring regularly. Garnish with coriander, if you like.

## Recipe tips

- Be careful with chilli – you can always add more but you can't take it out! Add a little and allow time for the heat to infuse, taste it and only add more if you need to.
- Keep in the fridge for up to three days or freeze.
- Defrost in the fridge or microwave and reheat thoroughly until piping hot throughout.

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