



MIXED BEAN CHILLI

SERVES 2

1tsp coconut oil
1 onion
1 red pepper, diced
1tsp cumin
1 tsp crushed chilli
½ tsp chilli powder
150g mushrooms, sliced
½ can of chopped tomatoes
2 tbsp tomato puree
1 x can mixed beans
1 veg stock cube

Heat the oil, and fry the onion and garlic for 2 mins. Add the pepper and spices and sweat for 5 mins.

Add the mushrooms and cook for 1 min.

Tip in rest of ingredients and simmer for 5–10 mins. Serve with sliced avocado, slices of lime, quinoa or cauliflower rice.