



## SUPER QUICK VEGGIE CHILLI

Serves 2 - 3

### Ingredients:

1 tbsp coconut oil  
1 red onion, finely chopped  
1 red chilli, finely chopped  
1 red pepper, diced  
1 clove garlic, finely chopped  
300g butternut squash, peeled and cubed  
1 tsp chilli powder, 1tsp ground cumin  
400g can chopped tomatoes  
200ml water  
1 veg stock cube  
400g can mixed beans, rinsed  
(or your choice of beans)  
400g green lentils, rinsed  
Salt + pepper to taste  
Bunch chopped coriander for serving  
1 avocado, diced, for serving

1. In a large saucepan, gently sauté the onion, chilli pepper, red pepper and garlic in the coconut oil.
2. Add the butternut squash and mix in the chilli powder and cumin.
3. Stir in the tomatoes, then add the beans and lentils, followed by the water and stock cube.
4. Leave to simmer for about 15 minutes, or until the squash is tender.
5. Serve with fresh coriander and sliced avocado
6. If you are especially hungry, serve with 2-3 tablespoons of cooked rice or quinoa per person.