



Vegetarian Chilli

Serves 6

What you need to do

For the 'vegetable base':

1 cup (120g) walnuts
8 oz. (230g) mushrooms
4 carrots, cut into chunks

For the chili:

1 tbsp. olive oil
1 onion, diced
4 cloves garlic, minced
2 jalapeño peppers, deseeded,
finely chopped
4 tbsp. tomato paste
1 tsp. chilli powder
2 tsp. ground cumin
1 tsp. smoked paprika
2 tbsp. soy sauce
2x 14 oz. (400g) cans diced
tomatoes
1x 14 oz. (400g) can black
bean, drained
1 cup (240ml) water
salt & pepper

Place all the 'vegetable base' ingredients into a food processor and pulse until you achieve a chunky paste-like consistency. Set aside.

Heat the olive oil in a large pan over a medium heat. Add the onion and garlic and sauté gently for 5-7 minutes until soft. Add the diced jalapeño peppers, tomato paste, chilli powder, cumin, smoked paprika, and soy sauce.

Next add in the chunky vegetable paste and cook for 10 minute, until softened. Season with salt and pepper to taste.

Add in the tomatoes, beans, and water. Bring to the boil and then let it simmer on a low heat for around 45 minutes.

Serving suggestions: brown rice, sour cream or Greek yogurt, grated cheese, fresh parsley.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	60 mins	315	16	32	13

*Nutrition per serve

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