



# THREE BEAN MEXICAN CHILLI

This spicy and comforting chilli is packed with plant-powered goodness, making it suitable for vegans. Throw in any weary or wilted veggies or beans you have to hand for a quick improvised dinner.

## INGREDIENTS

(serves 8)

- 2 tbsp of olive oil
- Mix of vegetables, chopped (4 onions, 3 carrots, 2 celery sticks, 2 red peppers) – use what you have available to a similar quantity
- 4 garlic cloves, chopped
- 2 fresh red chillies, finely sliced
- 4 tsp ground cumin
- 4 tsp ground coriander
- 4 tsp paprika
- 2 x 400g cans of chopped tomatoes
- 3 x 400g cans of mixed beans (kidney, black and borlotti are great)
- Bunch of fresh coriander, chopped

## METHOD

- 1 Heat the oil in a heavy-based pan and fry the mixed vegetables, with the garlic and chilli on a medium heat. Stir occasionally for about 4 minutes until softened.
- 2 Add the cumin, coriander and paprika. Warm the spices for about 30 seconds.
- 3 Add the chopped tomatoes. Bring the pan to a simmer, cover and leave to cook for 15 minutes stirring occasionally.
- 5 Add the beans to the pan and cook for a further 10-15 minutes.
- 6 Serve the chilli sprinkled with fresh coriander and accompany with rice, tortillas or leftover bread.

# FOOD SAVVY TOP TIPS



## PLAN

Take a moment to think about the week ahead, make a plan and stick to it so you only buy what you need.



## STORE

Don't ignore where to store! Follow packaging guidelines and make friends with your fridge and freezer.



## SHOP

Make a list or take a "shelfie" and only buy what you need.



## PORTION

Get your portions right and your purse will see the benefit. Weighing scales are a great tool to help you.



## KNOW YOUR DATES

**Best Before date** - food is still perfectly good to eat after this date.

**Use by date** - relates to food safety.

Food should not be eaten after this date.



## LEFTOVERS

Leftovers also make great lunches and keep in the fridge for two days.

