

Veggie Chilli con Carne

Ingredients:

300g	Quorn mince or similar
2 tbsp	Olive oil
1	Onion
1	Red pepper
2	Red chillies
1 tsp	Ground cumin / coriander and chilli powder
400g	Can of tomatoes
500ml	Tomato passata
Squidge	Tomato puree
1	Vegetable stock cube
400g	Kidney beans

Directions:

- Chop the onion and pepper into small pieces and fry for 5 minutes in a little oil
- Add the chillies and spices and cook for another 2 minutes
- Add the chopped tomatoes, passata, puree and stock cube and simmer for another 5 minutes
- Add the Quorn mince and kidney beans and continue to simmer for another 10 minutes.
- You can add a few cubes of dark chocolate at this stage for a little extra loveliness.
- Serve over rice, on a jacket potato or with nachos.
- Enjoy!