

## Veggie Chilli recipe

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### Ingredients:



1 onion



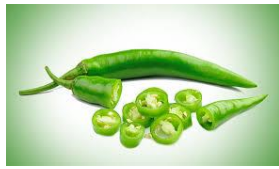
1 garlic clove



3 celery stalks



200g diced mushrooms



2 green chillies



100g tomato puree



350ml vegetable stock



2 tins of red kidney beans

## Method:

1



With a little oil in a pan fry the onion, garlic and celery until soft

2



Add the mushrooms and chillies and cook for 2 minutes

3



Add the tomato puree and cook for 3 minutes

4a



When the mushrooms are soft add the kidney beans and then the stock, bring to the boil and simmer for 20 to 25 minutes

4b



Keep cooking until the sauce is reduced and thickened

5



Serve in a taco shell, sprinkle with cheese and a spoonful of natural yoghurt