



## Veggie chilli tacos

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### **Ingredients:**

1	Onion – finely chopped
1	Garlic clove
3	Celery stalks – finely chopped
200g	Diced mushrooms
2	Green chillies
100g	Tomato puree
150ml	Vegetable stock
800g	Kidney beans
Pinch	Salt and pepper

### **Method:**

- With a little oil in a pan fry the onion, garlic and celery until soft
- Add the mushrooms and chillies and cook for 2 minutes
- Add the tomato puree and cook for 3 minutes
- When the mushrooms are soft add the kidney beans and then the stock, bring to the boil and simmer for 20 to 25 minutes
- Keep cooking until the sauce has reduced
- Serve in a taco shell, sprinkle with cheese and a spoonful of natural yoghurt
- Enjoy!