Veggie chilli tacos

**Ingredients:**

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| 1  1  3  200g  2  100g  150ml  400g  Pinch | Onion – finely chopped  Garlic clove  Celery stalks – finely chopped  Diced mushrooms  Green chillies  Tomato puree  Vegetable stock  Mixed beans  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 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.
* If you are not a big fan of chilli then add a little natural yoghurt on top of the cheese 😊
* Enjoy!

Please remember to send in your photos of you cooking the recipe and the finished product. Send pictures in to [alanrtilley@mail.com](mailto:alanrtilley@mail.com) or text them across to 07817777739

Check out the video @ <http://y2u.be/SpfLIxTYYYk>