

Vegan Bean and Pepper Chilli

Meal time: Dinner

Meal course: Main

Meal type: Vegan

Difficulty: Easy

Servings: 4

Total time: 30 minutes

Ingredients:

1-3 TSPs chili powder
rice, to serve (optional)
1 TBSP olive oil
400g can chopped tomato
1 onion, chopped
400g can mixed bean, drained
350g pepper, deseeded and sliced
400g can kidney bean in chili sauce
1 TBSP ground cumin
1 TBSP sweet smoked paprika

Nutrition facts

	Amount per serving
Calories	246
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	29 g
Sodium	15 g
Total Carbohydrate	14 g
Dietary Fiber	13 g
Total Sugars	0 mg
Protein	0 IU
Vitamin D	138 mg
Calcium	5 mg
Iron	865 mg
Potassium	420 mg

Instructions:

1. Sauté peppers and onion in an oil until softened, for about 7-8 minutes.
2. Add in spices and continue stir-frying for a minute.
3. Next, add in tomatoes and beans, bring to a boil, then turn the heat down and simmer until chili is thickened, for around 15 minutes.
4. Serve with rice.

Notes: bean chili is a great high protein dish that you can introduce into the diet. It is also rich in fiber and Vitamin C.