



VEGAN BEAN & QUINOA CHILLI

Prep. time 10 minutes | Cooking 40 minutes | Serves 4

Made with healthy, nutritious beans and quinoa, this spicy vegan chilli packs a punch.

Ingredients

1 teaspoon olive oil
1 onion, chopped
1 clove garlic, crushed
1 teaspoon smoked paprika
1 teaspoon mixed herbs
1 tablespoon tamari or soy sauce
Pinch of chilli powder, or to your own taste
1 pepper, cut into chunks
¼ butternut squash, peeled and cut into small chunks
50g mixed colour quinoa, rinsed
1 x can mixed beans with kidney beans, pinto beans
1 can chopped tomatoes
1 large handful kale
50g Bute Island Red Leicester Sheese, grated

Cooking Method

Get making!

Heat the oil in a pan and gently cook the onion and garlic for 10 minutes until softened.

Add the smoked paprika, herbs, tamari/soy sauce, pepper chunks, squash and quinoa and stir well. Cook for a few minutes to coat well.

Add the beans and chopped tomatoes, bring to the boil and simmer for 25-30 minutes until the quinoa and squash are cooked. Stir in the kale for the last few minutes and allow to wilt.

Serve between two bowls and sprinkle over the grated Sheese for the finishing touch.

Enjoy!

