MIXED BEAN CHILLI WITH QUINOA

COSTS JUST 97P PER SERVING!

INGREDIENTS – SERVES SIX

- 1 cup of dried Hodmedod's Red Fox Carlin Peas
- 1 cup of dried Hodmedod's Fava Beans
- 1 Tbsp Scottish rape seed oil
- 2 cloves garlic
- 1 large onion
- 2 large bell peppers (any colours)
- 140g mushrooms
- 1/2 Tbsp chilli powder
- 1 Tbsp ground cumin
- 2 tsp paprika
- 3 x 400g tins of plum tomatoes
- 2 Tbsp tomato puree
- 1 Tbsp Hodmedod's fava bean umami paste
- 1 Tbsp red wine vinegar
- 2 tsp oregano or mixed herbs
- 200 ml veg stock
- Splash of lemon juice
- Salt to taste



Vegan Outreach Scotland

evolving conscience ending suffering
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DIRECTIONS

- Soak the peas and beans overnight. Drain and rinse well. Cook in boiling, salted water for 1hr and then drain.
- In a large pan, fry the chopped garlic and onion in the oil until soft.
- Add the chopped peppers and mushrooms, chilli powder, cumin, and paprika and continue to stir fry for a few minutes until everything is soft and the spices have absorbed.

DIRECTIONS CONTINUED...

- Add all the other ingredients to the pan. Use the stock to rinse out the tomato tins and add the liquid to the pan.
- Break up the tomatoes and mix everything well. Simmer for about 15 mins. Then mash everything gently in the pan with a potato masher until desired consistency is reached.
- Add salt to taste. Cook for a couple more minutes and then serve.

RED AND WHITE QUINOA

FOUR GENEROUS SERVINGS. 57P PER SERVING

- 340g of quinoa (2 cups)
- 4 cups water
- Salt to taste

THIS CHILLI GIVES YOU MORE THAN 100% OF YOUR DAILY REQUIRED VITAMIN C!

Mixed Bean Chilli

Nutrition Information

	Per 1 Serving	%Reference Intake RI
Energy	1089.4 kJ / 260.2 kcal	13 %
Fat	4.7 g	7 %
Of which Saturates	0.6 g	3 %
Of which Mono-unsaturates	1.6 g	
Of which Poly-unsaturates	1.1 g	
Carbohydrate	30.3 g	
Of which Sugars	11.3 g	
Of which Starches	6.1 g	
Fibre	14.7 g	
Protein	17.8 g	36 %
Salt	0.9 g	14 %
Vitamin C	92.5 mg	116 %
Vitamin A	123.4 µg	15 %
Calcium	46 mg	6 %
Iron	2.8 mg	20 %

* Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Per Serving

Full Info at cronometer.com </>

HOW TO FIND OUT MORE:

VEGAN OUTREACH SCOTLAND

- TO PURCHASE BRISTISH GROWN PULSES AND GRAINS VISIT: HODMEDODS.CO.UK
- READY TO TAKE THE NEXT STEP AND GO VEGAN? VISIT CHALLENGE22.COM WHERE YOU CAN ACCESS PLANT BASED RECIPES AND RECEIVE GUIDANCE FROM REGISTERED DIETICIANS WHILST YOU TRANSITION!