

Vegan Chilli Con Carne

Ingredients

300g meat-free mince
2 tbsp vegetable oil
1 medium onion, diced
1 red pepper, diced
2 red chillies, diced
2 cloves of garlic, crushed
½ tsp smoked paprika
2 tsp ground cumin
3 tsp ground coriander
400g tinned chopped tomatoes
500ml tomato passata
1 tbsp tomato puree
1 vegetable stock cube
400g can kidney beans, drained
1 cube plain chocolate

Method

Pre-heat the oil in a large frying pan and cook the onion for 5-6 minutes or until beginning to soften.

Add the red pepper and continue to cook for a further 5 minutes. Add the chillies, garlic and spices and cook for a further 2 minutes stirring continuously.

Stir in the chopped tomatoes, passata, tomato puree and crumble over the stock cube and bring to a gentle simmer for 8 minutes stirring occasionally.

Stir in the kidney beans, chocolate and meat-free mince. Cook over a gentle heat for a further 10 minutes and season to taste.

Serve with rice, jacket potatoes or with nachos for a delicious dinner! Add a dollop of guacamole and sour cream if you'd like!