

Vegetable Chilli

1 Onion, 1 Tin Tomatoes, 2 Tablespoon Tomato Puree, 2 Teaspoon Chilli Powder,
2 Peppers, 1 Courgette, Tin Mushrooms, Tin Kidney Beans, 1 Teaspoon Oil, 150g Rice

(Serves 4)

1



cook chopped onion in
hot oil until soft

2



chop courgette and
peppers

3



add vegetables to pan
and cook for 5 mins

4



add chilli powder and
tomato puree to pan

5



add mushrooms, kidney
beans and tomatoes

6



cook for a further 10
mins and serve with rice