

3 Bean Chilli (Vegan, Gluten Free)

Ingredients *(serves 4 generously)*

- 2 onions, diced
- 2-3 garlic cloves, minced
- 2 bell peppers, finely chopped
- 1 can kidney beans, with liquid
- 1 can black-eye beans, drained
- 1 can borlotti or haricot beans, drained
- 1 tsp oregano
- 1/2 tsp cinnamon
- 1/2 tsp chilli powder / flakes
- 1 tsp sweet or hot paprika
- 1 heaped tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp cocoa powder
- 2 cans chopped tomatoes



Method

1. Fry the diced onion on a medium heat with a small splash of vegetable oil. Stir occasionally to avoid burning.
2. When the onion starts to soften and turn translucent, add the garlic, peppers, cinnamon, cumin, chilli, coriander and paprika.
3. Fry for a couple of minutes, stirring, until you can smell all the spices and garlic.
4. Add the chopped tomatoes, beans and oregano. Stir and season with salt and pepper.
5. Bring to the boil and then turn the heat down to low. Add the cocoa powder.
6. Simmer, stirring occasionally, until the peppers are cooked and the sauce has thickened.
7. Taste and adjust the seasoning, then serve with rice, jacket potatoes or tortilla chips. Top with guacamole, jalapenos or fresh coriander if you like.