

Vegetarian Chilli

Serves: 6

Prep time: 5 minutes

Cook time: 15 minutes



3 ½ serves per portion

Ingredients

1 tablespoon olive oil
1 medium onion, finely chopped
1 medium capsicum, diced
400g can black beans, drained
400g can four-bean mix, drained
400g can corn kernels, drained
2 x 400g cans diced tomato
1 packet taco seasoning, reduced salt*
Brown rice, to serve

Suggested toppings:

Cheddar cheese, reduced fat, shredded
Coriander, leaves only
Sour cream, reduced fat
Red chilli, sliced
Guacamole (mashed avocado, lemon juice, salt & pepper)

Method

HEAT oil in a large pot over medium heat. Once hot, add diced onion and cook until softened, stirring occasionally (about 5 minutes).

ADD capsicum and fry for another 2 minutes or until capsicum has softened.

ADD all canned ingredients and taco seasoning, bring to a simmer then reduce heat and cook for 5 minutes.

SERVE over brown rice and your choice of toppings.

**You can create your own taco seasoning by combining: 1 tablespoon chilli powder, ¼ teaspoon garlic powder, ¼ teaspoon onion powder, 1 tablespoon paprika, 1 ½ tablespoons ground cumin, salt and pepper to taste*



Everyday Food

Recipe courtesy of Aleks Lukovic, Country Kitchens team