

Vegetable Chilli

- Prep time: 20 minutes
- Cooking time: 20-30 minutes
- Servings: 2-3 people

Ingredients

- 1 medium onion
- 1 green pepper
- 100g button mushrooms
- 1 courgette
- 1 medium aubergine
- 1 teaspoon ground cumin
- ½ teaspoon chilli flakes
- 1 tin cannellini beans, drained
- 1 tin chopped tomatoes
- 1 tablespoon tomato puree
- 2 cloves garlic
- 1 tablespoon oil
- Salt and pepper

Method.

1. Peel the onion and garlic. Finely chop the garlic.
2. Chop the onion, pepper, mushrooms, courgette and aubergine into even size pieces, keeping them separate on the board.
3. Heat a large saucepan over a medium heat and add a tablespoon of oil.
4. Add the onion, pepper and garlic. Cook gently for five minutes.
5. Now add the mushrooms, courgette, aubergine, chilli flakes and ground cumin.
6. Add the chopped tomatoes, drained cannellini beans and tomato puree. Mix well.
7. Bring to the boil and then reduce to a gentle simmer.
8. Season with the salt and pepper.
9. Cook gently for 20-25 minutes.
10. Check the seasoning. Add more chilli flakes if you like it hot!