



VEGETARIAN CHILLI

Season:	summer/autumn
From the garden:	red pepper, chili, spring onion, courgette, eggplant, coriander, tomatoes
Type:	<i>dinner</i>
Difficulty:	<i>easy</i>
Country of origin:	Mexico
Serves:	<i>4 adult serves or 20 tastes</i>
Source:	<i>Andrea Habacht, GTT kitchen specialist Oropi School</i>

Equipment

- * chopping board*
- *knife*
- *small bowls*
- *cooking pot or big frying pan*
- *tea spoons for tasting*
- *can opener*
- *colander or sieve*
- *measuring spoon*
- *wooden spoon*

Ingredients

- *1 clove of garlic*
- *2 spring onion or 1 small white onion*
- *1 red pepper and 2 small chillies*
- *any other veggies you want to add -like courgettes, eggplant etc.*
- *1 400g can of beans (black or kidney)*
- *1 400g can of chopped tomatoes (or fresh ones)*
- *1 tsp cumin, cinnamon and paprika powder each*
- *1 tbsp worcester sauce*
- *2 tbsp vinegar*
- *1 tsp cocoa powder*
- *1 tsp salt, ½ tsp sugar and ground black pepper*
- *1 tbsp tomato paste*
- *oil for frying*
- *sour cream and coriander to serve*

Method

- 1. open can of beans and can of tomatoes. place beans in a sieve or colander and rinse under the tap to wash the brine off.**
- 2. peel and chop onions and garlic. add to pan with a little bit of oil.**
- 3. chop all your veggies in small, even pieces. (our eggplant is already pre-cooked.)**
- 4. fry the onion and garlic for a minute, then add the veggies (except for eggplant) and fry for a few more minutes.**
- 5. add the spices and fry for another minute.**
- 6. add beans, tomatoes, tomato paste, worcester sauce, vinegar, salt, pepper, sugar and cocoa powder.**
- 7. put a lid on the pot and cook for 15 min.**
- 8. add roasted eggplant.**

Notes: *add browned, minced meat for a non-vegetarian option.*

Skills: *chopping, slicing, measuring, sautéing*