



Vegetable and bean chilli

Serves: 4

- 1 tablespoon oil
 - 1 clove garlic finely chopped
 - Thumb sized piece of ginger finely chopped
 - 1 large onion
 - 1 courgette
 - 1 pepper deseeded and chopped
 - 2 teaspoons chilli powder
 - 35g red lentils, washed and drained
 - 1 tablespoon tomato puree
 - 400g cans chopped tomatoes
 - 250ml water
 - 195g can sweetcorn, drained
 - 400g can beans of your choice eg kidney, haricot, butter in water, drained
1. Heat the oil in a large pan and cook the garlic, ginger, onion, courgette and pepper for about 5 minutes until starting to soften.
 2. Add the chilli powder and cook for one minute more. (If you like spicy food you can add extra and if you don't you can use less or your favourite herb.)
 3. Stir in the lentils, tomato purée, tomatoes and 250ml water. Bring to the boil and cook for 15-20 mins.
 4. Add the sweetcorn and beans and cook for a further ten minutes.

Serve with jacket potatoes, rice, in a wrap or on its own.