

Bean & Buckwheat Chilli – vegan



Ingredients

- 2 red onions, peeled and diced
- 2 carrots, peeled and finely diced
- 2 sticks celery, peeled and diced
- 4 cloves garlic, peeled and minced
- 2 red peppers, roasted and peeled and diced
- Dried oregano
- Ground cumin
- Ground cinnamon
- Smoked paprika
- Chilli powder
- 1 tin kidney beans
- 1 tin black eyed beans
- 1 tin sweetcorn
- 500g buckwheat
- 2 tins tomatoes
- Cooking oil
- Salt
- Rice (optional)
- Flatbread (optional)
- *Guacamole (optional)
- Grated cheddar (optional)
- Spring onions (optional)
- Chives (optional)
- Sweetcorn (optional)
- Feta cheese (optional)
- Cooked quinoa (optional)
- Refried beans (optional)
- Sliced lettuce (optional)
- Roasted (optional)
- Peppers (optional)
- Pickled red (optional)
- Onion (optional)
- Fresh tomato (optional)

Method

- Soften the carrots, celery, onion and garlic in oil over a medium heat for 10-15 minutes. Add the spices and cook for another 2-3 minutes then add the roasted peppers.
- Drain the tinned beans then add those to the pot along with the buckwheat. Finally add the tinned tomatoes, stir, season and cook for 30 minutes or until the buckwheat is cooked - you may need to add water as the buckwheat will absorb a lot of liquid.
- Check the seasoning and serve with optional extras.

*For the Guacamole:

- 2 avocados
- 1 fresh ripe tomato
- Juice of half a lime
- Half a red onion, peeled and very finely chopped

Combine all ingredients – season with salt and pepper and serve immediately.

Each AH Bean & Buckwheat Chilli (231.5g) contains

| | | | | |
|-----------------------------|-------------|-------------------|----------------|--------------|
| Energy 2219kJ 530kcal | Fat 9.1g | Saturates 1.3g | Sugars 8.1g | Salt 1.3g |
| 26% | 13% | 7% | 9% | 22% |

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 959kJ / 229kcal