

QUICK VEGETARIAN CHILLI

Recipe from Vegetarian Meals in 30 Minutes: More than 100 Delicious Meals For Fitness

This recipe is made almost entirely from store cupboard ingredients, so it's perfect for those evenings when you are tempted to order a takeaway! Beans and sweetcorn are fantastic sources of fibre and the tomato chilli sauce adds wonderful spicy flavour. I've included spinach for extra iron and vitamin C, but you can omit it, if you prefer.

Serves 4

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 1 tbsp light olive or rapeseed oil
- 1 large onion, finely chopped
- 2–3 garlic cloves, crushed
- 1 tsp chilli powder, or to taste
- 1 tbsp sweet paprika
- Salt and freshly ground pepper
- ½ tsp dried oregano
- 1 tsp ground cumin
- 400 g (14 oz) can chopped tomatoes
- 1 tbsp tomato purée
- 2 x 400 g (14 oz) cans red kidney beans, drained and rinsed
- 200 g (7 oz) can sweetcorn, drained
- 100 g (3½ oz) fresh or frozen spinach
- A handful of fresh parsley, chopped (optional)
- Heat the oil in a large non-stick pan over a medium heat. Add the onion and fry for 3–4 minutes until translucent. Add the garlic, chilli powder, paprika, oregano and cumin and cook for a further minute. Add the tomatoes, tomato purée, kidney beans and sweetcorn and bring to the boil. Reduce the heat and simmer for 10 minutes until the sauce has thickened.
- Season with salt and freshly ground pepper, then stir in the spinach and parsley. Turn off the heat – the spinach will wilt down in the heat of the pan.
- Serve with cooked brown rice or pitta bread and a sprinkling of grated cheese (see 'Make it VEGAN')