

## CHILLI 'NON' CARNE

Source: family

SERVES: 2



- Onion, chopped - 1
- Garlic, crushed - 2 cloves
- Veggie -mince (meat free mince) - 200g
- Chopped tomatoes - 1 x 400g tin
- Kidney beans - 1 x 400g tin
- Chilli powder - 1 TBSP
- Cumin - ½ tsp
- Oregano - ½ tsp

**1.** Chop Onions into rings, cover in oil and M/W at 750W for 4 minutes.

**2.** Crush the garlic

and stir into the cooked onions.

- 3.** Add the tomatoes and stir in the veggie – mince.
- 4.** Heat in M/W at 750W for 5 min.
- 5.** Mix all the spices together and add to your mince.
- 6.** M/W at 750W for 2 min.
- 7.** Add the kidney beans  
add a little water if too thick  
add a little corn flour if it is too liquid.
- 8.** M/W at 540W for a further 5 min or longer if necessary.

*Serve with boiled rice or jacket potato*