

Vegetarian Two Bean Chilli

Comfort food with a healthy spin! This chilli is hearty, satisfying and packed with plant protein. Perfect for 'Meat-Free Monday' or batch cooking. Makes great leftovers for lunches and freezes well.

Serve with avocado slices or a squeeze of lime for a fresh finish.



Ingredients

- ½ cup quinoa, rinsed
- 1 ½ cups vegetable or chicken stock or broth
- 1 Tbsp olive oil
- 1 small red onion, chopped
- 3 cloves garlic, minced
- 1 red chilli, diced (optional)
- 2 large carrots, chopped
- 4 celery stalks, chopped
- 1 green capsicum, chopped
- 1 red capsicum, chopped
- 1 medium zucchini, chopped
- 2 400g cans black beans, drained and rinsed
- 1 400g can pinto beans, drained and rinsed
- 3 400g cans diced tomatoes
- 1/4 - ½ tsp chilli powder, depending on your taste
- 1 Tbsp ground cumin
- Salt and black pepper, to taste

Method

- In a large pot, heat olive oil and sauté onions.
- Add chopped carrots, celery and capsicum for 5 minutes.
- Add zucchini and saute for another few minutes.
- Add the remaining ingredients and simmer for 30 minutes.

Tips:

- Can be served alone or with brown rice
- Serve with avocado slices or a squeeze of lime for a fresh finish.
- Makes great leftovers and can be frozen in individual portions