

Cheap Chilli/Vegetarian Chilli

Adapted from a Nadia Lim recipe

½ onion, chopped

1 carrot, grated

1 courgette, grated (cheaper option - add another carrot instead!)

1 cup frozen corn

1 can kidney/pinto/black beans, drained or 1 can chilli beans

1 can diced/crushed tomatoes

Spices - either use ½ packet of Mexican seasoning mix or pick as many of the following spices as you like or have in the cupboard:

(Note: the quantities are estimates - add as much or as little as you prefer for your taste)

2 tsp paprika powder

2 tsp cumin powder

1 tsp oregano

1 tsp onion powder

1 tsp garlic powder

½ tsp chilli powder

½ tsp salt

½ tsp black pepper

½ cup vegetable or beef stock

½ cup cheese, grated

Prep vegetables.

Heat a drizzle of oil in a frying pan and cook onion until softened. Add carrot, courgette and corn and cook for a further 4 minutes until vegetables are soft.

Add spices, beans, tomatoes and stock. Simmer for 5 minutes until the sauce has thickened slightly. If you are using drained beans (not chilli beans) you may want to add a bit more tomato or stock if you have it.

Serve with the grated cheese and something like rice, pasta, corn chips (nachos), in a tortilla wrap/pitta bread, or on toast.