

Veggie & bean chilli



DYNAMIX
HEALTH & FITNESS

2 tsps ghee or coconut oil
1 medium-sized white onion, finely chopped
2 garlic cloves, finely chopped
1 small red chilli pepper, finely chopped
1 red bell-pepper, deseeded and chopped
¼ tsp hot chilli powder
1 tsp ground cumin
1 tsp ground coriander
½ tsp sea salt
1 tbsp tomato purée
400g tinned chopped tomatoes
80g Tenderstem broccoli
170g tinned red kidney beans, rinsed and drained
1 medium-sized avocado, sliced
2 lime wedges, to serve
a handful of fresh coriander, chopped

Heat the ghee/oil in a saucepan over a medium heat and add the onion. Sauté for 3-4 minutes or until soft.

Add the garlic, chilli pepper and bell-pepper and fry for 1 minute.

Add the chilli powder, cumin, ground coriander and salt. Stir well and cook for 1 minute.

Add the tomato purée and chopped tomatoes. Stir well, cover and cook for 15 minutes.

Add the broccoli and kidney beans and cook for 5 minutes or until the broccoli is tender. Serve with avocado slices and lime wedges and garnish with fresh coriander.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serving suggestion:

Serve on a bed of steamed rice.

SERVES 2



PER SERVING:
389 Calories
45g Carbs
14g Protein
17g Fat

