

Pumpkin chilli



DYNAMIX
HEALTH & FITNESS

2 tsps coconut oil
1 medium-sized white onion,
chopped
1 medium-sized carrot, chopped
1 green bell-pepper, diced
2 garlic cloves, finely chopped
1 tbsp soy sauce or tamari
2 tbsps tomato purée
2 tsps hot chilli powder
1 tsp paprika
1 tsp ground cumin
a pinch of sea salt and ground black
pepper
300g tinned or fresh tomatoes,
chopped
400g pumpkin or butternut squash,
cooked and mashed
300ml vegetable stock (made with
one organic stock cube)
200g tinned kidney beans, drained
juice of 1 lime
a small handful of fresh coriander,
finely chopped

SERVES 3

PER SERVING:
249 Calories
41g Carbs
10g Protein
5g Fat



Melt the oil in a large saucepan over a medium heat. Add the onion and carrot and sauté gently for 4-5 minutes, stirring occasionally.

Add the bell-pepper and fry for 2 minutes, stirring occasionally.

Add the garlic, soy sauce, tomato purée and spices. Stir well and cook for 1 minute.

Add the tomatoes, pumpkin and stock. Stir well and reduce heat to medium/low. Cover and cook for 15 minutes, stirring occasionally.

Add the beans and cook for 5 minutes or until heated throughout.

Remove saucepan from heat and stir in the lime juice. Serve garnished with chopped coriander.

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

Serving suggestion:

Serve topped with grated cheese, chopped jalapeños and / or sliced avocado.

