

Fast fabulous bean chilli with lime and avocado

Preparation time

10 minutes

Cooking time

15 minutes

Serves

8

Recipe courtesy of

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Ingredients

Method

Nutrition

1 tbsp extra virgin olive oil

1 large red onion, diced

3 cloves garlic, crushed

3 tsp Mexican spice mix* (or 1 tsp each ground cumin, oregano and chilli powder)

2 sticks celery, diced

2 medium carrots, diced

2 zucchinis, diced

200g (4-5 approximately) Portabello mushrooms

453g jar mild chunky salsa

400g tin corn, drained, or 1½ cups frozen corn

400g tin crushed tomatoes

400g tin kidney beans, cannellini beans or chickpeas, drained

400g tin lentils (or ½ cup red lentils, rinsed - but add 1 extra cup of stock and allow an extra 10 minutes cooking time)

2-3 vegetable stock cubes or concentrated stock

handful baby spinach leaves

TO SERVE (not included in nutritional information)

fresh coriander

ripe avocado

2 limes

corn chips

1. Heat a large pot over medium heat. When hot add oil and onion and saute for 2-3 minutes.
2. Add garlic and spices and cook for 1-2 minutes.
3. Add celery, carrots, zucchini and mushrooms and cook for 2-3 minutes.
4. Then add salsa, corn, tomatoes, both tins of beans, lentils and stock.
5. Place lid on pot and bring to the boil.
6. Turn heat down and simmer for 5-8 minutes, until veggies (and lentils) are cooked.
7. Turn heat off and stir baby spinach leaves through.
8. Serve with coriander, avocado, lime and corn chips - or any other way you prefer!

Nutritional information is provided per serve

Energy 1216kJ (291 calories)

Protein 15g

Saturated Fat 0.6g

Total Fat 4g

Carbohydrates 38g

Sugars 14g

Dietary Fibre 15g

Sodium 957mg