# 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

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|---|---|
| Engery | 1216kJ (291 calories) |
| Protein | 15g |
| Saturated Fat | 0.6g |
| Total Fat | 4g |
| Carbohydrates | 38g |
| Sugars | 14g |
| Dietary Fibre | 15g |
| Sodium | 957mg |