

Fast fabulous bean chilli with lime and avocado

Preparation time

10 minutes

Cooking time

15 minutes

Serves

8

Recipe courtesy of

Caroline Trickey, Accredited Practising Dietitian (APD)



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