



VEGETARIAN CHILLI

Season: Anytime
From the garden: Green beans, capsicum, spring onion, kamo kamo

Type: *Dinner*
Difficulty: *Easy*

Country of origin: Mexico
Serves: 6 serves or 30 tastes
Source: *Andrea Habacht, GTT kitchen specialist, Oropi School*

Equipment

- * chopping board*
- *knife*
- *small bowls*
- *wooden spoon*
- *measuring spoon*
- *large saucepan*
- *tea spoons for tasting*
- *can opener*
- *colander or sieve*

Ingredients

- *1 clove of garlic*
- *3-4 spring onion*
- *2-3 small capsicum (any color)*
- *1 chilli or ½ tsp chilli flakes*
- *½ small kamo kamo*
- *handful of green beans*
- *400g can of beans (black or kidney)*
- *400g can of diced tomatoes*
- *1 tsp each: cumin, cinnamon and paprika*
- *1 tbsp worcester sauce*
- *2 tbsp vinegar*
- *1 tsp cocoa powder*
- *1 tsp salt, ½ tsp sugar and ground black pepper*
- *1 tbsp tomato paste*
- *oil for frying*

Method

- 1.open can of beans, place beans in a sieve or colander and rinse under the tap to wash the brine off**
- 2.peel and chop onions and garlic**
- 3.cut the capsicum and chilli in half and take the seeds out.**
- 4.slice capsicum and chilli (wash hands after touching chilli)**
- 5.cut the beans into little pieces and grate the peeled kamo kamo**
- 6.fry the onion and garlic with a little bit of oil for a minute, then add spices and fry for another minute**
- 7.add the sliced capsicum, chilli, green beans and grated kamo kamo and fry for 5 more minutes**
- 8.add canned beans and tomatoes, tomato paste, worcester sauce, vinegar, salt, pepper, sugar and cocoa powder and stir**
- 9.put a lid on the pot and cook for 15 minutes, then take the lid off and cook for a bit longer to thicken the chilli**
- 10.serve with tortillas, guacamole, grated cheese and sour cream**

Notes: *add browned, minced meat for a non-vegetarian option.*

Skills: *chopping, slicing, measuring, sautéing*