



# VEGETARIAN CHILLI

<b>Season:</b>	<b>Summer</b>
<b>From the garden:</b>	<b>Capsicum, chillies, spring onion, courgette, eggplant, sweet corn tomatoes</b>
<b>Type:</b>	<b><i>Dinner</i></b>
<b>Difficulty:</b>	<b><i>Easy</i></b>
<b>Country of origin:</b>	<b>Mexico</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b><i>Andrea Habacht, GTT kitchen specialist, Oropi School</i></b>

## **Equipment**

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

## **Ingredients**

- \*1 clove of garlic***
- \*2 spring onion or/and one onion***
- \*2-3 small capsicum (any color)***
- \*1 chilli or ½ tsp chilli flakes***
- \*1 med. eggplant***
- \*1 med. courgette***
- \*1 400g can of beans (black or kidney)***
- \*500 g tomatoes***
- \*2 cobs sweet corn***
- \*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. chop all your veggies in small, even pieces**
- 5. cook the sweetcorn in its husk in the microwave for around 7 minutes**
- 6. let the corn cool, then peel and cut the kernels off**
- 7. fry the onion and garlic with a little bit of oil for a minute, then add spices and fry for another minute**
- 8. add the chopped capsicum, courgette and eggplant and cook until lightly browned**
- 9. add beans, tomatoes, tomato paste, worcester sauce, vinegar, salt, pepper, sugar and cocoa powder.**
- 10. 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**

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

**Skills:** *chopping, slicing, measuring, sautéing*