

Veggie Chilli

Serves 2

Per Serving

184 Cals

6.2g Fat

Ingredients :

400g can Chopped Tomatoes

130g can Red Kidney Beans

1 teaspoon Chilli Powder (or to taste)

1 Medium Green Pepper

1 Medium Red Pepper

1 Medium Onion

6 Mushrooms (120g)

10ml Extra Virgin Olive Oil

Cooking instructions :

1. Chop vegetables and sauté in the olive oil.
2. Rinse the kidney beans and then add to the vegetables in the pan.
3. Add the chopped tomatoes and chilli powder and simmer until tender.