



Preparation time

20
mins

Cooking time

45
mins



Chilli Non - Carne

Ingredients

- 2tbsp vegetable oil
- 1 onion, peeled and finely chopped
- 2 garlic cloves, peeled and crushed
- 100g celery stalks, trimmed and finely diced
- 100g carrot, trimmed, peeled and finely diced
- 1 red pepper, deseeded and finely diced
- 1/2tsp ground cinnamon
- 1tsp mild chilli powder
- 1/2tsp dried chilli flakes
- 400g tin chopped tomatoes
- 1 vegetable stock cube, made up to 600ml with boiling water
- 420g can kidney beans in water, drained and rinsed
- 300g can mixed beans in water, drained and rinsed

For the rice

- 200g long grain rice, rinsed
- 1tsp dried mixed herbs
- Salt and pepper

For the bread

- Two part baked brown or white baguettes
- 50g butter or spread
- 2 garlic cloves, peeled and crushed



Sally's Tips

"If you like soured cream, do top with a spoonful and then sprinkle with chillies.

This cooked mixture is great to freeze. Cool thoroughly and then place in a freezer bag, label it and freeze.

Go Vegan: replace the butter with a plant based substitute for the garlic bread."

Step 1.

Heat the oil in a large saucepan over a medium heat and add the onions, fry for 2 - 3 minutes stirring gently.

Add the crushed garlic, diced celery, carrot and peppers. Stir well and then cover with a lid and cook for 5 minutes over a low heat.

Step 2.

Remove the lid and stir in the spices, mix well to coat the vegetables and then add the tinned tomatoes and 100ml of the made up vegetable stock.

Cover again and simmer for 10 minutes. Check on the saucepan every now and then to make sure the base isn't sticking.

Step 3.

Preheat the oven to 220°C, Fan 200°C, Gas mark 7.

Take the two baguettes and make diagonal slices along each, making sure you don't cut all the way through the bread.

Stir the garlic and butter together and then spread the mixture in the cut slits and over the top of the bread.

Place the two baguettes side by side on a rectangle of foil.
Gather the foil up and around the bread almost like a boat!
Place on the middle shelf of the oven and cook for 12 minutes.

Step 4.

Meanwhile, place the rinsed and drained rice in a saucepan and pour in the remainder of the vegetable stock. Add the dried mixed herbs and stir.

Cover with a lid and bring to the boil. Remove the lid and stir

just to make sure the rice doesn't stick to the pan.
Cover again and simmer over a low heat for 15 minutes.

Step 5.

Now go back to the chilli and add the tinned beans. Stir and simmer for 5 minutes or until piping hot.

Step 6.

Bring the meal together: Taste the rice to see if it is cooked and then drain off any excess liquid. Spoon the rice into bowls and top with the lovely chilli.

Step 7.

Take the baguettes out of the oven and serve with the chilli.



To wash rice: Place the dried, weighed rice in a bowl or saucepan and add cold water. Swish the water until the mixture becomes cloudy. Drain carefully and repeat, until the cold water runs clear. Add water to cook the rice and season with a little salt and cook according to instructions.