**Rubens Recipe – Year 3**

**Rubens Vegetastic Bean Chilli**

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| **Ingredients**  250g red lentils  1 tbsp olive oil  1 medium onion  2 cloves garlic  2 tsp ground cumin  Pinch mixed Italian herbs  Pinch salt  Pinch sugar  Pinch chilli powder  1 tbsp tomato puree  400g tinned chopped tomato  500g water  1 vegetable stock cube.  1 pepper  6 mushrooms  400g canned kidney beans, drained |  |

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| **Method** |  |
| 1. Rinse lentils  2. Chop all veg  3. Heat oil in pan  4. Add cumin seed and stir for 1 minute, then add onions and garlic and keep stirring. |  |
| Add tomato puree, salt, sugar, herbs, chilli powder and ground cumin and stir for 2 minutes.  6. Add lentils, chopped tomato, water, stock cube, peppers and mushroom and stir.  7. Cook on medium heat for 15 minutes with lid.  8. Add kidney beans, stir and simmer for 5 minutes.  9. Serve with rice, or in tortilla wraps with grated cheese with a side salad. |  |