



Chilli 'Non' Carne

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, capsicum, celery, chillies, coriander, garlic, onion, tomato

Equipment:

metric measuring scales,
cups and spoons
clean tea towel
chopping board
cook's knife
large frying pan
mixing spoon
large bowl
citrus juicer
serving utensils
large pan
serving bowls

Ingredients:

2 tbsp olive oil
2 medium onions, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
2 medium carrots, finely chopped
2 sticks of celery, finely chopped
2 red capsicum, roughly chopped
1 long red chilli, de-seeded and finely sliced
1 heaped tsp ground cumin
1 heaped tsp ground cinnamon
1/2 tsp sea salt
1/2 tsp freshly ground black pepper
240 g cooked chickpeas or 400 g tin chickpeas
240 g cooked kidney beans or 400 g tin red kidney beans
12 tomatoes, roughly chopped, or 2 × 400 g tins chopped tomatoes
1/2 cup water or stock
2 tbsp balsamic vinegar
1 large handful of coriander leaves, chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the olive oil in the frying pan on medium–high heat.
3. Add the chopped vegetables, including the chilli, and sauté for 3 minutes.
4. Add the cumin, cinnamon, salt and pepper.
5. Stir and cook for around 7 minutes until vegetables are softened and lightly coloured.
6. Add the chickpeas, kidney beans and tomatoes, and cook for a few minutes.
7. Add the water or stock and the balsamic vinegar, bring to the boil then turn the heat down to a simmer for 20 minutes, stirring every now and again to stop it catching.
8. Divide between serving bowls and sprinkle over coriander leaves. Serve with **Soft Taco Shells** (page 148).