

RECIPE FOR HAPPY BELLIES :))

VEGGIE CHILLI

10	ml sunflower oil	£0.01
2	onions, chopped	£0.08
1	tin kidney beans, drained	£0.25
2	tins chopped tomatoes	£0.70
¼	pkt frozen soya mince	£0.38
4	cloves garlic, crushed	£0.12
1	tbsp dried oregano	£0.15
1	tbsp coriander, ground	£0.15
½	tsp yeast extract	£0.01
1	tbsp tomato puree	£0.06
1	tbsp cornflour	£0.05
2	chillies, chopped	£0.16
½	lime	£0.10
½	pack mushrooms, sliced	£0.40
¼	pack sliced frozen peppers	£0.20
2	packs budget tortilla chips	£0.50
		<u>£2.81</u>

4 PORTIONS = 70p/PORTION

METHOD: In a wok or large non-stick saucepan, fry onions , mince and mushrooms in a little vegetable oil until just beginning to colour. Add garlic, chillies, peppers, oregano, coriander, tomato puree and yeast extract. Stir to prevent sticking for 2 minutes. Add tinned tomatoes, stir in and cook through for 5 minutes. Add beans and cook a further 5 minutes. Mix a paste with the cornflour and a little cold water. Gradually add to pan and stir until thickened. Stir in lime juice and serve in bowls with the tortilla chips on the side. Alternatively, use rice salad or home made potato wedges. Leftovers can be layered in flour tortillas with cheese sauce and heated in the oven for 20 minutes.

For extra energy saving value, why not make this in a slow cooker?