

RECIPE

# Black Bean Chilli



Ready in **15 minutes**

Serves **6-8**

## Tags

Seasonal, Grow Your Own, Gluten Free

## Ingredients

- 300g minced turkey
- 100g lentils
- 3 chopped onions
- 4 cloves garlic, minced
- Chopped seasonal vegetables e.g. butternut squash/courgettes/carrots/aubergine
- 2 tsp cumin
- 2 x 400g drained canned black beans
- 50g sliced chives
- 450ml vegetable stock
- 2 tsp honey
- 2 mild green chillies
- 2 tins chopped tomatoes

## Preparation

1. In a small frying pan, brown meat and drain. Set aside.
2. In a small saucepan boil the lentils for 30 minutes.
3. In a large saucepan fry off onions; saute for 2 minutes.
4. Add celery, carrots, garlic, cumin and chili powder. Saute 3 minutes.

5. Add black beans, boiled lentils stock, honey, chilies and tomatoes. Raise heat to high, cover and bring to a boil.
6. Lower heat to med-hi and simmer for 20 minutes. Stir occasionally, and add salt and pepper to taste.
7. Serve

## **Tips**

If you enjoy extra spice, you can always use hot red chillies in the recipe or add chilli flakes to taste.

Swap Black Beans for other tinned beans - kidney or mixed beans would work well.

Sub dry lentils for tinned - just add additional vegetable stock at step 5.