

VEGETARIAN *chilli*

This vegetarian chilli is one of my all time favorites because of the minimal prep work needed resulting in such a hearty, healthy and versatile dish!

I always recommend that my clients have protein with every meal, and I've found that it's challenging sometimes to do so! But, if you have this vegetarian chilli on hand, and you add a couple of big spoonfuls to your meal, your protein needs are instantly sorted!

Our gut bacteria LOVE beans. So enjoying this dish satisfies your taste buds and you gut's needs.

It can be eaten as is or with mashed potatoes, boiled potato, rice, quinoa, in tacos... or pretty much anything really! You can even increase the amount of stock you use, double it up and enjoy this dish as a bean soup.

INGREDIENTS

- 4 garlic cloves
 - 1 red onion
 - 2 cans red kidney beans
 - 1 can chickpeas
 - 2 cans black beans
 - 2 cans tomatoes
 - 1 can coconut milk
 - 2 cups vegetable broth
- Spices:
- 1 tablespoon cayenne pepper
 - 1 tablespoon ground cumin
 - 1/2 tablespoon italian herbs
 - 1 teaspoon smoked paprika
 - 3 bay leaves
 - 1/2 teaspoon salt
 - 1/2 teaspoon black pepper

INSTRUCTIONS

1. Set your crock-pot/ slow cooker on low setting.
2. Dry fry onions and garlic in a pan, adding veg stock as needed.
3. Add beans, tomatoes, vegetable stock and spices together with fried onion. Add garlic and coconut milk and stir well.
4. Garnish with fresh herbs like diced chives, parsley or coriander.
5. Serve with quinoa or rice of choice.



SERVES
6 PEOPLE



PREP TIME
10 MIN



COOK TIME
5-6 HOURS
(UNSUPERVISED)



TOTAL TIME
5-6 HOURS