

Bean Chili (Chili Non-Carne)

Prep time: 20 mins

Cooking time: 1 hour

Makes: 2 Servings

Ingredients

- 3 tablespoons vegetable oil
- 1 small onion, chopped
- 1 green, red, or yellow pepper, chopped
- 2 cloves garlic, chopped (optional)
- 1 tin beans (400g), drained
(any kind: kidney beans, black beans, pinto beans, white beans, but not green beans)
- 1 tin chopped tomatoes (400g)

Spice Mix:

- 1 teaspoon salt
- 1 teaspoon chili powder (or more to taste)
- 1 tablespoon dried oregano (optional)
- 2 teaspoons ground cumin (optional)
- ½ teaspoon cayenne pepper (optional)
- 1 teaspoon black pepper



Toppings (optional):

- 1-2 fresh chiles, minced
- Chopped fresh coriander
- Grated cheddar cheese

Method

1. In a medium saucepan, fry the chopped onion and green pepper in vegetable oil until soft. Add garlic, if using, and fry for another minute.
2. Add beans and tomatoes to pan, stir well, and bring to a simmer over low heat.
3. Make up your spice mix. Chili powder, cumin, and oregano give chili its characteristic flavour, but you could experiment with other spices or add some hot sauce. Add the spice mix to the pan and stir well.
4. Simmer for 45 minutes, uncovered, stirring regularly to prevent the beans from sticking. Add water if needed.
5. Serve British-style over cooked white rice, topped with chopped chiles and coriander, or American-style topped with shredded cheese and served with bread.