

8 Vegetable chilli

Adapted from recipes in Nigella Lawson's "Feast" and the Cordon Vert (Vegetarian Society's own cooking school) course booklet "Flavours of America".

Serves 4 to 5

Ingredients

1 tablespoon light olive oil or other vegetable oil
1 medium onion
1 clove garlic
1 large red pepper
1 teaspoon sweet smoked paprika
½ teaspoon chilli powder (or more to taste – this gives just a little heat)
1 teaspoon ground cumin
2 teaspoons cocoa powder (optional)
150g dried red lentils
400g can chopped tomatoes plus canful of cold water to rinse out
2 teaspoons Marigold vegetable stock powder (or 1 vegetable stock cube) dissolved in 375ml hot water
400g can red kidney beans
2 tablespoons tomato ketchup (optional)

1. Prep the vegetable before you begin to cook. Peel and finely chop the onion; cut the ends off the clove of garlic (no need to peel) and get the crusher ready; wash, dry, halve, deseed and dice the pepper; open the can of kidney beans and drain and rinse in a colander.
2. In a large lidded saucepan big enough to hold all the ingredients, sweat together the onion, garlic and pepper in the tablespoon of oil until soft, for about 10 minutes. Either leave the lid off or just half on while you do this.
3. Remove the lid and add all the ground spices (smoked paprika, chilli powder, ground cumin) and cocoa powder (if using) to the pan. Stir everything round for about a minute then add the dried lentils to the pan and stir around a bit more.
4. Add the chopped tomatoes, can of water used to rinse out chopped tomato can, vegetable stock, kidney beans and ketchup (if using) to the pan and bring to the boil, stirring to mix well. Simmer, covered for 35-40 minutes, stirring frequently. Check after 20 minutes as you may need to add a little extra water if the mixture is too dry. Conversely, if the mixture seems too liquid as the cooking time comes to an end, remove the lid and allow the liquid to reduce. Remember to stir frequently (at least once a minute during the last 10 minutes' cooking time) as the mixture can catch and burn as it thickens.
5. Serve with rice, jacket potatoes or cornbread, a dollop of plain Greek-style yoghurt or sour cream, and salad