

MEXICAN STYLE VEGETABLE CHILLI

A vegetarian alternative to Chilli that is full of the flavours of Mexico!

EASY | 10 MINS | 40 MINS | 4 SERVES

Ingredients

- 2 tbsp olive oil
- 1 cup diced pumpkin
- 1 diced brown onion
- 1 diced red capsicum
- 2 diced carrots
- 1 diced red chilli
- 1 cup diced celery
- 1 tsp crushed garlic
- 30g sachet of taco seasoning
- 400g can diced tomatoes
- 400g can kidney beans
- 410g can corn kernels
- 1 cup vegetable stock
- ½ tsp chilli flakes

To serve:

- Cooked rice
- Grated cheese
- Sour cream or Greek yoghurt

Instructions

1. Heat oil in a large pot over medium heat. Add pumpkin, onion, capsicum, carrots, chilli, celery and garlic. Cook for 5 minutes. Add taco seasoning and cook for a further 2 minutes.
2. Add tomatoes, kidney beans, corn, stock and chilli flakes. Reduce heat to low and cook for 30 minutes.
3. Serve over rice, with grated cheese and sour cream or Greek Yoghurt if desired.