
















## Shopping List

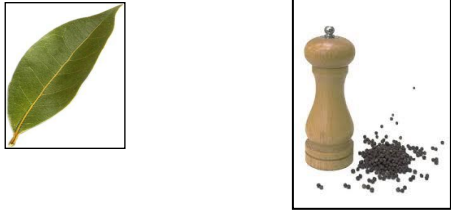




	1 large onion
	olive oil
	4 cloves garlic
	1-2 green chillies
	Dried oregano
	Cumin
	Coriander

## Page 2

### Vegetarian Chilli

		1 bay leaf
		225g red lentils
		2 tins of kidney beans
		tomato puree
		2 x 400g tins chopped tomatoes
		
		A pinch of pepper
		salt

<p>1</p>		<p>Finely chop the onion.</p>
<p>2</p>		<p>Heat the oil in a heavy based saucepan and add the onion. Fry till soft</p>
<p>3</p>		<p>Finely mince the garlic and the chilli</p>
<p>4</p>		<p>Add 1 teaspoon each of oregano, cumin and coriander</p> 

<p>5</p>		<p>Add a bay leaf and black pepper.</p> <p>Stir it all together.</p>
<p>6</p>		<p>Add the lentils. Fry and stir for 2 minutes.</p>
<p>7</p>		<p>Drain the kidney beans and rinse them under the tap.</p>
<p>8</p>		<p>Boil the kettle</p> <p>Boil the kettle</p> <p>Mix 2 teaspoons of stock powder with one mug of boiling water to make up the stock</p> <p>Put 2 teaspoons of stock powder into a jug</p> <p>Add one mug  of boiling water and stir to make stock</p>

<p><b>9</b></p>		<p>Add stock, beans tinned tomatoes and tomato puree to the pan</p>
<p><b>10</b></p>		<p>Cook on a low heat for at least half an hour.</p> <p>Stir sometimes.</p> <p>If it sticks add a little water.</p>
<p><b>11</b></p>		<p>Taste and add salt if you want</p>

If you don't want to eat it all today cool it, cover it and put it in the fridge and it will taste even better tomorrow