

## Chilli con carne Ingredients

Optional: 200g Vegan Quorn mince  
1 onion  
1 clove garlic  
1 400g tin kidney beans/mixed beans  
2 tbsp cooking oil\*  
1 bell pepper  
3 mushrooms  
1 Vegan stock cube  
400g tin tomatoes  
1 tbsp tomato puree  
1-2 heaped tsp Chilli powder or Chilli con carne spice



## Vegan Chilli con carne Method

### 1. Prepare all ingredients:

- Dice onion
- Crush garlic
- Dice pepper
- Chop mushrooms
- Open and drain kidney beans/mixed beans
- Open tomatoes,
- Open Vegan Quorn mince etc



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2. Fry the onion and garlic for a couple of minutes and then add the Vegan Quorn mince until it turns brown.
3. Add the pepper & mushrooms and fry for 3 more minutes.
4. Add tomato puree, spice, tomatoes, kidney beans/mixed beans and vegan stock cube. Stir well and simmer for 10 minutes on a low heat.