

OPEN KITCHEN RECIPES



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KITCHEN

The “you can make a chilli out of anything” recipe and method

Servings:

6 servings as a full meal on its own, or 10-12 servings with rice or potatoes as a side. Can be scaled down or make a big batch and pop left overs in plastic tubs in the freezer for quick dinners on another night!

Cooks for:

5-7 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

Prep / Active cooking time: 15 minutes

Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon

Ingredients:

- 1 dessert spoon dried garlic powder
- 1 dessert spoon of paprika
- 1 dessert spoon of cumin
- Chilli powder - Depending on how hot you like your chilli use between ½ teaspoon and 1 dessert spoon, or you can leave this out entirely.
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 200g red lentils (you can use absolutely any lentils or beans - see recipe video for guidance)
- 2 cans of kidney beans
- 2 cans of tinned tomatoes
- 1 vegetable stock cube
- 2 x cans full of cold tap water
- Vegetables! - see below

Vegetables;

Around 1 kg (2.2lbs) of any vegetables you can access. Vegetables that suit this recipe well include; any kind of squash, onions, sweet peppers, courgettes, mushrooms, sweetcorn, kale, spinach, root veg (turnip, carrot, swede, parsnip), but you really can use any vegetables at all.

Tinned vegetables are fine, but the weight above is the weight of drained vegetables (after all the water in the can is removed).

Frozen vegetables are also fine and can go into the slow cooker or pan straight from the freezer. Keeping bags of frozen veg in the freezer can help to reduce food waste.

The vegetables we have used in this video are; Squash, onions, courgette, sweetcorn, mushrooms, spinach.

Method:

Chop all the vegetables (shown in the video). If you can't access the video, all we're aiming to do is chop each of the different vegetables into cubes approx 1.5cm, or about the size of the top part of your thumb.

Add all the raw chopped veggies into the slow cooker.

Add all the spices, herbs and stock cube to the slow cooker.

Add the tinned tomatoes, lentils, kidney beans, and water to the slow cooker.

Stir well so that all ingredients are mixed together.

Pop the lid on the slow cooker, turn the slow cooker on, and leave the recipe to cook for 5-7 hours. The recipe can cook over night for up to 14 hours and will be absolutely fine.

Serve! This recipe is full of lentils and beans, so it's a perfectly nutritious meal on its own, but can also be served with rice, potatoes, or breads on the side.

Nutrition Facts

Per Serving (estimate): approx 230 calories; protein 6.3g; carbohydrates 24.8g; fat 2.4g; sodium 616.7mg.