

# 2 bean vegetable chilli with basmati & wild rice

(Serves 4)

## Ingredients

- 1 tbsp Oil, Olive, extra virgin
- 200g Onions, diced
- 1 Chilli, red, fresh, deseeded & chopped
- 1 Chilli, green, fresh, deseeded & chopped
- 160g Celery, diced
- 1 x 400g tin Tomatoes, chopped, napolini
- 2 tbsps Tomato ketchup (Heinz fiery chilli)
- 1 tbsp Tomato ketchup (Heinz reduced sugar & salt)
- 2 tbsps Parsley, fresh chopped
- 1 tbsp Oregano, dried
- 1 Stock pot, (knorr vegetable)
- 500 ml Water
- 1 x 400g tin Cannellini beans, in water
- 1 x 400g tin Kidney beans, in water
- 160g Sweetcorn, in water (naturally sweet)
- 300g Rice, basmati & wild

## Preparation

1. Heat oil in a large lidded pan.
2. Fry onion, chillis & celery gently for 5 minutes, stirring occasionally.
3. Stir in tomatoes, fiery chilli ketchup, tomato ketchup, parsley & oregano.
4. Cook for 2-3 minutes. Prepare stock.
5. Add stock & bring to boil.
6. Cover & simmer for approx 40 minutes or until stock well reduced, stirring occasionally.
7. Drain & rinse cannellini beans, kidney beans & sweetcorn under cold running water.
8. Add to pan & cook for approx a further 20 minutes, stirring occasionally.
9. As beans & sweetcorn added, bring a pan of water to boil.
10. Cook basmati & wild rice according to packet instructions (usually around 20 minutes).
11. Drain rice well & serve with vegetable chilli.

**TOP TIP:** You can use hot chilli sauce in place of fiery chilli ketchup if you prefer. Always opt for beans canned in water.

## NUTRITIONAL VALUES

### PER SERVING

Calories 568

Total Sugars 16.7g

Total Fats 7.94g

Saturated Fats 2.3g

Salt 1.53g

Fruit & Veg 3