

## TASTE WITHOUT WASTE

### Vegetarian Chilli Con Carne

Serves 4-6

#### *Ingredients*

2 tbsp sunflower oil  
1 large onion, finely chopped  
2 cloves garlic, crushed  
¼ tsp chilli flakes (more if you like your chilli hot)  
2 tsp ground cumin  
¼ tsp cayenne pepper  
½ tsp ground cinnamon  
2 tbsp tomato paste  
1x 400g can vegetarian mince (I used Sanitarium brand)  
100g green beans, topped and tailed and chopped into 2cm pieces  
1 small red capsicum, deseeded and chopped into 2cm pieces  
2x 400g can chopped tomatoes  
400ml vegetable stock  
1x 400g can four bean mix  
1x 125g can corn kernels, drained  
Sea salt  
Freshly ground black pepper

#### To Serve:

Corn chips/bean and rice chips or brown rice  
Avocado  
Sour Cream  
Lettuce/baby spinach/rocket  
Fresh diced tomato

#### *Method*

Set a large saucepan over medium heat. Add the oil and when shimmering, toss in the chopped onion. Cook for 8 minutes, stirring every so often, until soft and golden.

Add the garlic, chilli flakes, cumin, cayenne pepper, cinnamon and cook for one minute, stirring constantly. Add the tomato paste and stir constantly for a further thirty seconds.

Toss in the vegetarian mince, green beans, capsicum, chopped tomatoes and vegetable stock. Stir well, cover and bring to the boil. Once boiling, remove the lid and simmer for 10 minutes, stirring every so often.

Add the four bean mix and corn kernels and simmer for a further 20 minutes, stirring every so often. Season with salt and pepper.

Serve with desired accompaniments.

Will keep for 3-4 days in an airtight container in the refrigerator. Can also be frozen for up to 2 months.

*Source: A Taste Without Waste original.*

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