

Comforting Chilli

Ingredients

1 onion, finely chopped
(Use 2 to 3 celery sticks or 1 carrot as an onion replacement - chopped extra fine!)

At least 3 garlic cloves (your preference), finely chopped

1 cm ginger, finely chopped

Your preference of fresh chilli or chilli flakes

1 tsp ground coriander

1 tsp ground cumin

1 tsp paprika

1 tsp salt

1 tbs vegetable or olive oil

400g chopped tomatoes or 3 to 4 fresh tomatoes

400g black or kidney beans

1 and a half cups white or brown rice

Directions

Put the rice on first and then begin the chilli.
Use 2 cups water: 1 cup rice, rinse the rice once if it needs it. Bring to a boil in a pot, reduce to simmer for 12 mins. Remove from heat and stand for 10 mins, finally, fluff with a fork and serve. Now for the chilli:

1. Heat oil in a medium-sized pan on a medium heat, add the onions and fry until crispy (8 mins).
2. Add spices & salt, garlic, ginger & chilli for 30 secs.
3. Add the tomatoes and allow spices to dissolve and become a sauce (8 mins).
4. Lastly let the beans warm through once added to the sauce, feel free to garnish with seeds, nutritional yeast or your choice of non-dairy/dairy cheese.

I like to add chopped nuts - add them at any stage in the recipe!

Did You Know: Embracing seasonal produce more, through buying fruit and vegetables that are grown in the UK and Northern Europe at any given time of the year, together with buying from local and organic sources, can reduce your carbon footprint by 1 tonne per year (*Carbon Savvy, 2023*). Seasonal produce is likely to be cheaper at that time, too!



Illustration @callum.illustrates



Got a tasty plant-based recipe you'd like to share? Or perhaps photography and illustration is more your style? If so, get involved by emailing us at ecologicalcitizenship@falmouth.ac.uk

