



## Vegetable Chilli San Carne

Known as just “Chili” in the US, Chilli Con Carne is a classic recipe that everyone should know. While Texans claim it as their own (even going as far as legally making it the official dish of Texas!), it seems there is evidence that traces the origins of Chilli Con Carne back to Spain. Our vegetarian version is made to not be too spicy but you can spice it up by not removing the chili seeds.

### Ingredients

- White Onion
- Garlic
- Red Chilli
- Kidney Beans
- Courgette
- Chopped Tomatoes
- Basmati Rice
- Spice Mix
  - Ground Cumin
  - Ground Coriander
  - Smoked Paprika

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 511 kcal  
Carbohydrates: 105 g  
Protein: 17 g  
Fat: 2.1 g

### Allergens


None

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Prepare the ingredients

Peel and crush the garlic. Peel and slice the onion. Remove the seeds from the chilli and slice it.

## 2) Cook the vegetables

In a large pot with a little oil, cook the courgette, onions, garlic & chilli for 10 minutes. Add the spice mix and cook for 1 minute.

## 3) Add the kidney beans & tomatoes

Drain and rinse the kidney beans with water. Add the kidney beans & chopped tomatoes to the pot with the rest of the vegetables. Cover and cook on a low heat for 20 minutes. While the chilli is cooking, move on to making the rice.

## 4) Cook the rice

Put the basmati rice in the pot of simmer water and cook for 8-10 minutes. Once cooked, drain and keep warm.

## 5) Finish the dish

After the chilli san carne has finished cooking, serve it on top of the basmati rice. Enjoy!



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