



Chickpea chili

Serves 4
Prep 5 minutes
Cooking 35 minutes

Ingredients

1 tbsp oil
1 onion chopped
1 small green pepper, (fresh or frozen), chopped
1 tin of sweetcorn
1 small red chilli, deseeded and finely chopped (optional)
1 tin chickpeas
1 tin of tomatoes
½ pkt of frozen butternut squash
1 tsp chilli powder
2 tsp ground cumin
2 tbsp tomato puree

Method

1. Heat the oil in a large pan and gently fry the onions, peppers sweetcorn and chilli (if using) for 5 minutes.
2. Add all the other ingredients, bring to the boil and simmer gently until vegetables are soft and the liquid has reduced.

