



# Chilli

Serves 4  
Prep 5 minutes  
Cooking 12 minutes

## Ingredients

1 onion finely chopped  
knob of butter  
1 tsp smoked paprika  
1 tsp ground cumin  
Pinch of chilli flakes/powder  
1 clove of garlic, crushed  
1 tin of chopped tomatoes,  
drained and juice reserved  
1 tin of kidney beans,  
drained and rinsed  
½ vegetable stock  
2 squares of dark chocolate  
(opt)  
1 mug vegetable mince  
¼ mug water

## Method

1. Put the onion, garlic, butter and spices in a microwaveable container. Mix, then heat in the microwave on High for 40secs. Leave to stand for 1 minute, then add chopped tomatoes, beans, stock cube, chocolate, mince and water. Mix.
2. Cover with cling film, pierce 3 times. Cook on High for 4 mins. Stir well, stand for 1 min. If starting to dry out add some reserved tomato juice.
3. Cover again and cook on High for a further 4 mins. Give it a good stir and allow to stand for 1 minute before serving with rice.