

# Chickpea and Vegetable Chilli



## Ingredients

- 1 large diced onion
- 75grams diced peppers
- Garlic to taste
- 2tsp hot chilli powder
- 1tsp cumin
- 1tsp paprika
- 500grams fresh diced vegetables
- 2 cans chopped tomatoes
- 1 can chickpeas
- 50 grams jam



This recipe will serve 4.

## Method

1. Put all vegetables, onions and peppers in a pan of hot water and cook till soft
2. Drain water from vegetables
3. Add the cooked vegetables to the rest of the ingredients and cook for 40 minutes, stirring occasionally
4. Drain chickpeas and rinse with water add them to the chilli pot
5. Bring pot to the boil, then add the jam
6. Taste chilli and add more spices if needed
7. Cook rice according to packet instructions
8. Serve Chilli warm with the rice

Serve with sour cream and tortillas



This recipe is adjusted and alternatives used to cater

For children with allergies in on the day.