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by Liz Robb

Quorn chilli



Ingredients

1 tablespoon of sunflower oil
2 onions
1 red pepper
1 yellow pepper
2 cloves of garlic
1-2 red chillies
350g minced quorn
2 400g cans of chopped tomatoes
400g can of mixed beans in chilli sauce
400g can of baked beans
1 teaspoon of chilli powder
1 heaped teaspoon of marmite
200g button mushrooms
Salt and freshly milled black pepper
A handful of fresh basil
A handful of fresh coriander

Preparation

- 1 1. Peel and chop the onions, thinly slice the peppers and finely chop the chilli. [I used just one large chilli
- 2 add another if you like it hotter.] Heat the oil in a very large saucepan and soften the onion over a low heat for 5 minutes. Add the sliced peppers, chilli and crushed garlic and cook for another few minutes.
- 3 2. Add the quorn to the pan, along with a few spoonfuls of juice from the canned tomatoes to avoid the quorn drying out, and cook gently for 2-3 minutes, stirring occasionally. Next add the tomatoes, mixed beans, baked beans and chilli powder. Dissolve the marmite in 150ml of hot water and stir into the saucepan. Bring the chilli to a simmer and cook for 20 minutes, stirring from time to time.
- 4 3. Wipe and slice the mushrooms then add them to the chilli. Season with salt and black pepper and cook for a further 30 minutes, stirring to prevent the chilli from sticking on the bottom of the pan.
- 5 4. Wash and chop the parsley and coriander and stir them into the chilli 5 minutes before the end of the cooking time.

Cooks Note

This healthy dish is packed with flavour and full of nutritious vegetables and pulses, but without the saturated fat of beef chilli.

My recipe is easy to cook and makes a really big panful of chilli! It's very versatile; try it with

rice, tortilla chips, naan bread, baked potatoes or simply a fresh salad and a hunk of fresh bread. It will keep in the fridge for 2 days, or will freeze really well.
