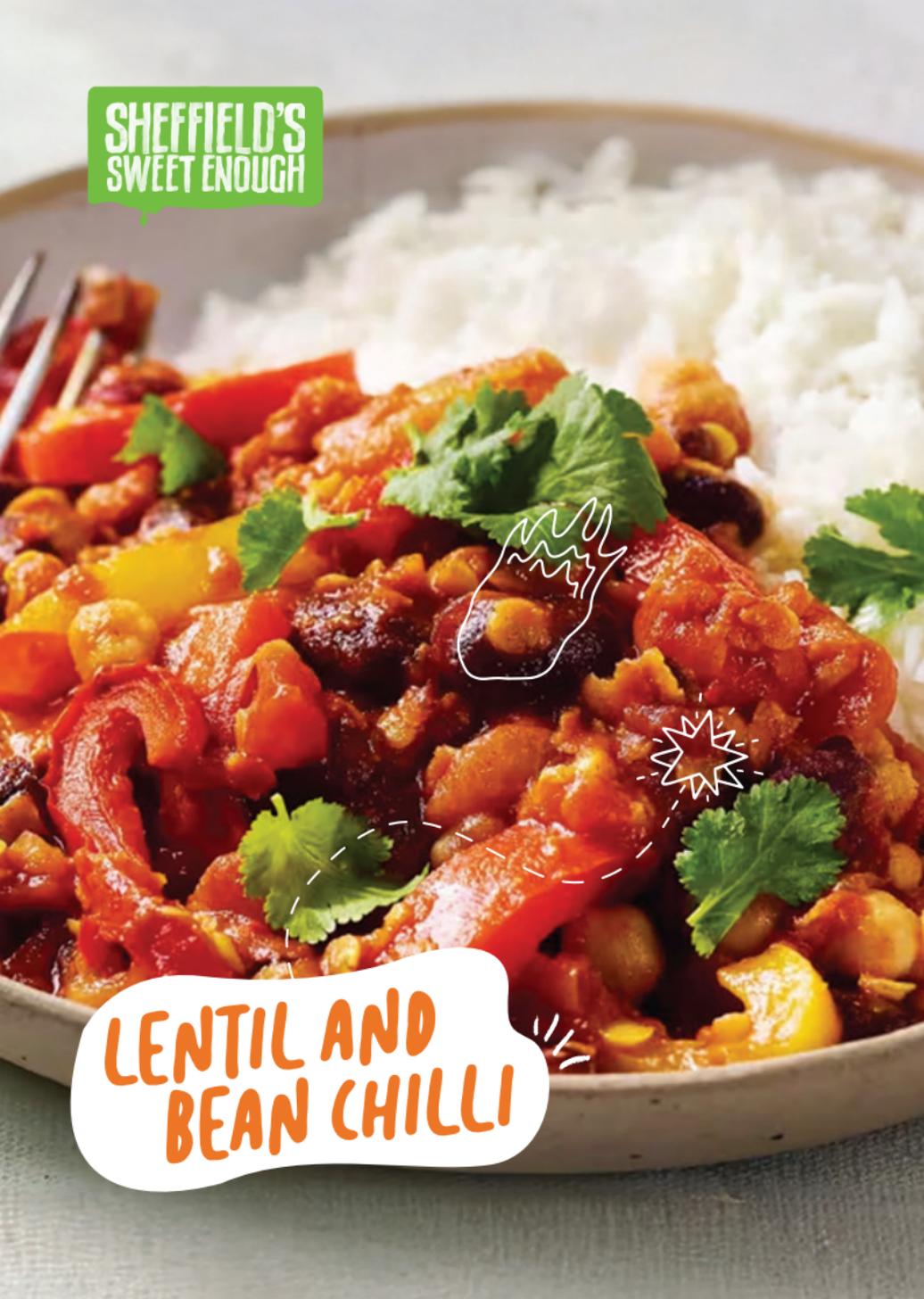


SHEFFIELD'S
SWEET ENOUGH



LENTIL AND
BEAN CHILLI

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Lentil and bean chilli

 Vegan, Vegetarian

This hearty vegan chilli from author and YouTube vlogger Madeleine Olivia is a brilliant dish to make ahead of time.

 Feeds 4  Ready in 50 minutes

Each serving contains

Energy	Fat	Saturates	Sugar	Salt
34%	Low 21%	Low 14%	Low 22%	Low 14%
2882kj 684kcal	14.6g	2.8g	19.4g	0.85g

% of adult's reference intake | Carbohydrates per serving: 107g

**SHEFFIELD'S
SWEET ENOUGH**

Ingredients

300g Co-op basmati rice
1 tbsp Co-op olive oil
1 onion, finely chopped
3 garlic cloves, crushed
1-2 red chillies, deseeded and finely chopped
1 tsp each paprika, chilli powder, ground cinnamon and cumin
1 red and 1 yellow pepper, chopped
100g Co-op dried red split lentils, rinsed
500ml vegetable stock, made with 1 stock cube
400g can Co-op red kidney beans, drained and rinsed
400g can Co-op chickpeas, drained and rinsed
2 x 400g cans Co-op chopped tomatoes
2 tbsp tomato purée
½ x 25g pack coriander, stalks and leaves chopped separately
1 avocado, sliced, and lime wedges, to serve

Method

1. Cook the rice according to the pack instructions
2. Meanwhile, heat the oil in a large pan and cook the onion for 3-4 mins, until softened
3. Add the garlic and half the chilli, then cook for another 2 mins
4. Stir in the spices, along with a splash of water, then cook, stirring, for 2 mins
5. Tip in the peppers and stir again
6. Add the lentils to the pan with the stock, kidney beans, chickpeas, chopped tomatoes and tomato purée
7. Bring to the boil, then reduce the heat and simmer for 35-40 mins
8. Once the veg is tender and the liquid reduced, season, adding more chilli, if you like
9. Stir in the coriander stalks
10. Serve the chilli with the rice, avocado and lime wedges, scattering over the coriander leaves to finish