

Chunky vegetable chilli **V**

SERVES 4 PREP 15mins COOK 35mins

MODERATELY EASY



Low saturated fat

- spray oil
- 1 The Co-operative onion, finely chopped
- 2 garlic cloves, crushed
- 400g The Co-operative sweet potatoes, peeled and diced
- 1 red pepper, deseeded and diced
- 2 courgettes, diced
- 2 tsp ground cumin
- 1 tsp mild chilli powder

- 400g The Co-operative chopped tomatoes in tomato juice
- 200g The Co-operative brown easy-cook long-grain rice
- 3 tbsp fresh coriander, chopped

1 Spray oil in a non-stick pan over a medium heat. Add the onion and garlic and cook for 3-4 mins, until softened. Add the potatoes and cook for a further 3-4 mins.
2 Add the pepper, courgettes and spices and

cook, stirring, for 2 mins. Add the tomatoes and $\frac{1}{3}$ a can of water and mix well. Cover with a lid and simmer for 20-25 mins, until the vegetables are tender.

3 Meanwhile, boil the rice for 15-20 mins, until tender, then drain. Stir the coriander into the chilli and serve with the rice.

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|------------------------|--------------------|------------------------|-----------------------|----------------------|
| Calories 300 | Fat 2.3g | Sat Fat 0.4g | Sugars 9.0g | Salt Trace |
| approx. per serving | | | | |
| ✓ 3 of your 5-a-day | | | | |

The **co-operative**
good with food