


# Chilli Non Carne

## Background

This chilli contains no meat, hence the name 'non carne' instead of 'con carne'. It's easy to throw together using mostly store cupboard ingredients.

## High in fibre, protein and vitamin C

Portion sizes		Nutrients per 100g		
Population Group	Portion size (g)	Nutrient	Amount	Units
Primary, 7-10 yrs	224	Energy	54.8	kcal
		Fat	2.2	g
Secondary, 11-18 yrs	299	SatFat	0.3	g
		Carb	5.5	g
		NMES	0	g
		Fibre	2.2	g
		Prot	3.6	g
		Iron	1	mg
		Calc	24	mg
		Vit A	89.1	µg
		Fol	16	µg
		Vit C	15.2	mg
 <b>Time</b> 30 minutes		Sodium	217.2	mg
		Zinc	0.2	mg



## Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
<b>Primary portions</b>	<b>8</b>	<b>16</b>	<b>32</b>	<b>64</b>
<b>Secondary portions</b>	<b>6</b>	<b>12</b>	<b>24</b>	<b>48</b>
sunflower oil	26g	52g	104g	208g
onions, chopped	100g	200g	400g	800g
garlic, peeled and crushed	12g	24g	48g	96g
courgettes, chopped	100g	200g	400g	800g
peppers (red), chopped	100g	200g	400g	800g
veggie mince (e.g. Linda McCartney Foods' Vegemince)	225g	450g	900g	1800g
tomatoes, canned	800g	1600g	3200g	6400g
tomato purée	13g	26g	52g	104g
chilli powder	2.5g	5g	10g	20g
paprika powder	5g	10g	20g	40g
cumin seeds	5g	10g	20g	40g
sweetcorn, drained	325g	650g	1300g	2600g
kidney beans, drained and rinsed	400g	800g	1600g	3200g
coriander or parsley, fresh	20g	40g	80g	160g
pepper, black, to taste	0.5g	1g	2g	4g

## Method

1. Fry the onions and red peppers in the oil until soft (about 10 minutes).
2. Add the garlic and courgettes and cook for a few minutes.
3. Add the veggie mince, spices and half the tinned tomatoes and cook for 4-5 minutes, stirring constantly.
4. Add the remainder of the tinned tomatoes as well as the tomato purée, stir well and simmer for 10 minutes over a low heat.
5. Add a few teaspoons of water to each of the empty tomato tins, shake and add this to the mixture too, so that all juice is used and the chilli is not too dry.
6. Add the sweetcorn and kidney beans to the chilli and cook for a further 2-3 minutes.
7. Sprinkle some coriander or parsley on top.



**Serving suggestion**  
Rice or fresh crusty bread