



Microwave Bean Chilli

Ingredients:

1 tbsp olive oil

Half a small onion, finely chopped

Half a red pepper, seeded and sliced or chopped

Half courgette, aubergine or broccoli, chopped

4 to 5 button mushrooms, cut into quarters

3 to 4 garlic cloves, crushed

400g canned kidney beans with juice

400g cannellini beans, black bean, or chickpeas with juice

1 to 3 tsp chilli powder

2 tsp ground cumin

2 tsp paprika

2 tsp dried mixed herbs

400g can chopped tomatoes

2 vegetable stock cubes, crumbled

Salt and pepper, to taste

Method:

1. Put the olive oil and onion into a large microwave bowl. Cover the bowl with a plate that sits nicely on top. Microwave on Full Power for 1 and a half minutes, to soften the onion. Stir.
2. Add the garlic, stir then add the vegetables. Stir well, cover with the plate and microwave on Full Power for 3-5 minutes, stirring half way, or until the vegetables have started to soften. Use gloves to handle the bowl when removing from the microwave.
3. Stir in the beans, spices and herbs. Stir in the tomatoes and vegetable stock. Season with salt and pepper and mix well.
4. Cover the bowl with the plate and continue to microwave on Full Power for 10-15 minutes, stirring twice during cooking. Use gloves to handle the bowl when removing from the microwave. Stand for 1 minute before carefully removing the plate cover.
5. Serve with cooked rice, couscous, or warm pitta bread.



Tips:

For a meat alternative; add 175g minced beef in step 2 instead of the vegetables and continue following the recipe.

Serve the chilli with Couscous - its quick and easy to make and doesn't use the cooker. Simply pour enough boiling water from the kettle over the couscous to cover it. Stand for 10-15 minutes, then fork through and serve.

Use the other half of the pepper or courgette, chopped finely and added to couscous for a delicious healthy salad or vegetable accompaniment.

To make the rice: place 1 and a half cups rice in a large mixing bowl. Add 3 cups boiling water from the kettle. Cover with a plate that sits nicely on top. Stand the bowl on a dinner plate in the microwave to catch any water that may overflow during cooking. Microwave on Full Power for 12-15. Use gloves to carefully remove the bowl from the microwave. Stand for 10 minutes, or until the liquid has been absorbed. Fluff with a fork and serve with the chilli.

This recipe was tested in a 700W Microwave.