

Vegetarian Chilli Serves 2

Ingredients

1/3 cup	Bulgur wheat
½ cup	Crushed tomatoes
1 t	Garlic, crushed
½ cup	Onion, diced
1 cup	Fresh vegetables, chopped (carrots, celery, courgette, capsicum)
½ t	Cumin powder
½ t	Basil, dried
¼ t	Chilli powder or sweet chilli sauce to taste
1 can (400g)	Kidney beans, drained
1 T	Tomato paste
1 T	Red wine
1 T	Olive oil
1 T	Lemon juice



Method

Bring crushed tomatoes to the boil in a saucepan. Add bulgur wheat and allow to cook for 15 minutes. Add a little water if bulgur wheat starts to stick.

In a fry pan, sauté onions and garlic in olive oil until soft. Add the cumin, basil and chilli powder and cook for 1 minute, then add vegetables. Add the tomato bulgur wheat mix and the remaining ingredients. Simmer covered until vegetables are until tender.

Serve hot with grated cheese, and chopped parsley.

Or with sour cream

Or plain yoghurt

Or with chopped avocado

Tip: can be served with toasted wraps or homemade pita crisps on the side.