

Quorn Chilli

Ingredients

1 onion
quorn mince
Chilli powder smoked paprika
Microwaveable rice
Tinned Tomatoes and tomato puree
Garlic
Peppers
Courgette
Kidney beans
sweetcorn
Coriander



Method



Finely chop the onion .



.Wash and chop mush-rooms. and courgettes.



Wash and chop the pep-pers.



Open tin tomatoes.



Open the kidney beans.



Open the sweetcorn



Get the sauce pan and add oil.



.Fry the onion until soft. Remove from the heat and leave to cool for 5 mins.



Add peppers and mushrooms.



Add quorn mince if using.



Add beans, tomatoes, sweetcorn and spices. Simmer for 15 minutes until vegetables are cooked.



Microwave the rice according to packet instructions.

Home Management Shopping List

Item	Aisle	Quantity	Cost	
spring onion				
quorn mince				
Chilli powder				
Smoked paprika				
Microwaveable rice				
Tinned Tomatoes				
Garlic				
Peppers				
Courgette				
Kidney beans				
Coriander				
Tortilla chips				
Avocado				
cheese				

Home Management Shopping List

Item	Aisle	Quantity	Cost	
sweet corn				
Fresh tomatoes				
Lime				
Salsa				
Onions				
Mushrooms				
Fresh chilli's				

Home Management Shopping List

Item	Aisle	Quantity	Cost	
Smoked paprika				
Microwaveable rice				
Tinned Tomatoes				
Garlic				
Peppers				
Courgette				
Kidney beans				
Coriander				
Tortilla chips				
Avocado				
Fresh chilli's				