

VEGAN MEALS FOR £1

Mixed Bean Chilli

Serves: 2-3

Approx. cost per portion: 76p

Ingredients

- 1 tin of chopped tomatoes
- 1 tin of mixed beans (drained)
- 1 medium onions (chopped)
- 2 cloves of garlic (chopped)
- 3 tsp vegan gravy granules
- Generous pinch of salt & pepper
- 1 red pepper (chopped)
- 1 tsp chilli powder
- 1 tsp ground cumin



Method

- 1) Add 1 tbsp oil to a frying pan on a medium heat. Fry the onion, garlic and pepper for 3-4 minutes to soften.
- 2) Add the tomatoes, beans, chilli, cumin, salt & pepper. Mix together and bring to a simmer.
- 3) Add the gravy granules and stir in. Simmer for 10 minutes, stirring occasionally.
- 4) Serve!



AnimalAid



@AnimalAid



@animalaid_uk



animalaid.org.uk

