

Chilli Sin Carne

Ingredients

150g onion

150g carrots

150g mushrooms*

150g peppers

25g butter

1 tablespoon oil

2 bay leaves

4 teaspoons paprika

3 teaspoons ground cumin

2 teaspoons dried oregano

400ml tomato passata (jar sieved tomatoes)

100ml water

Salt and pepper

Cayenne pepper to taste

Serve with low protein bread or rice (or ordinary rice for exchanges; 1 blue scoop of boiled rice = 1 exchange), and a simple salad of shredded lettuce

Can add kidney beans to give exchanges

* may need to count as exchanges

Method

1. Chop or thickly slice the onion. Chop the carrots, mushrooms and red pepper into medium sized pieces.
2. Melt the butter in a pan and add the oil. Put in the vegetables and cook with a lid on the pan for about 5 minutes until they begin to soften.
3. Add the bay leaves, paprika, cumin and oregano and stir.
4. Cook over a gentle heat for a couple of minutes to cook the spices.
5. Pour in the passata and water. Season with salt and pepper and also add the cayenne to taste for a little heat. Stir well and bring to the boil.
6. Cook gently for about 30-40 minutes until the flavours develop and the vegetables are tender.
7. The chilli can be frozen.