

## Mushroom & Pepper Chilli Con Carne

Serves:4

Exchange free meal per portion

### Ingredients

20 mushrooms\* (5 per portion, anymore should be counted)  
2 bell peppers  
1 onion  
2 cloves of garlic/ 1 tsp of garlic puree  
1 tsp olive oil  
2 tbsp tomato puree  
500g passata  
1 vegetable stock cube (reduced salt is best)  
1 tbsp of chilli puree/ 2 tsp cayenne pepper  
4 tsp paprika powder  
2 tsp cumin powder  
1 tsp oregano  
300g uncooked Mevalia rice

\*If you want to add an exchange (each is equivalent to 1 exchange):

12 kidney beans (15g)  
1 teaspoon (4g) uncooked red split lentils  
1 blue scoop (13g) uncooked regular white/brown rice

### Method

1. Blitz an onion & garlic in a blender or chop finely.
2. Cook in a pot with olive oil on medium heat.
3. Blitz/finely chop the mushrooms and peppers and add to the pot.
4. Allow them to cook for about 5-10 mins until they start to reduce, then add the tomato puree, stock, tomato passata, chilli and spices and leave to simmer for another 10 minutes.
5. While it is simmering, start boiling your low protein rice so that everything is ready to serve at the same time.



Source: @pku\_food\_dad on Instagram

*National Centre for Inherited Metabolic Disorders*



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