

Super smokey vegetarian chilli

Serves four as main with rice

Takes about 45 minutes

Uses 1 pot



Ingredients

2 tbsp olive oil

1 onion, finely chopped

3 garlic cloves, crushed

1 large carrot, chopped

2 jalapenos, deseeded and sliced

1 red pepper, chopped

200g Smoked tofu, chopped into 1cm chunks – either shop bought or guide to home smoking.

1.5 tablespoons chilli powder

2 x 400g tins chopped tomatoes

1 tablespoon ground cumin

1 tablespoon oregano

2 tablespoons tomato puree

1 tablespoon smoked paprika

1 teaspoon turmeric

400g tin kidney beans, drained and rinsed

200g plain yoghurt

Small bunch of coriander, chopped

Plain rice to serve, coked to pack instructions.

Directions

In a large saucepan over a medium heat, fry the onion, garlic, carrot and jalapeno in the oil for five minutes.

Add the pepper, tofu and half of the chilli powder and fry for another couple of minutes.

Add the rest of the ingredients, bring to a simmer and cook for 30 minutes.

Serve on a bed of plain rice, spoon over some yoghurt and sprinkle chopped coriander on top.