

Chili sin Carne with Rice and Nachos

Serves 4

Approximate preparation time: 15-20 minutes



Quantity	Ingredients	Preparation
Chili sin Carne		
2 tbsp	tomato puree	Finely chop the onions, garlic and chili. Cut carrots, celery, tomatoes and red pepper into small cubes. Heat the oil in a pan, add the onions, garlic and chili, and sauté. Add the carrots, celery, red pepper and tomato puree, and sauté briefly. Add tomatoes and deglaze with vegetable stock. Put the beans and corn in a sieve, rinse with water and drain. Add to the chilli and simmer in a covered pan for about 25 minutes.
3 tbsp	olive oil	
1 clove	garlic	
35 g	parsley	
180 g	carrots	
180 g	kidney beans	
1 tbsp	vegetable stock	
1	red pepper	
70 g	celeriac	
1	tomato	
1	dried red chili	
1	onion (small)	
70 g	sweet corn	
Dry rice		
1 tsp	margarine	Cook rice in salted water. Add margarine to taste.
1 g	salt	
260 g	dried rice	
Nachos		
120 g	nachos	Serve as a side dish.

Fun fact:

Rice can be replaced by grated cauliflower. This reduces the environmental impact and increases the vegetable content in the menu.