**Cath’s Veggie Chilli**

**(serves 4)**

**Contains per serving** Vitamin K (mcg)            **17.5** Protein (g)                 **12.7**

Calories (kcal)           **250.3** Fat (g)                          **6.9**

**To make you will need** 1 tbsp coconut butter

1 medium onion

3 stalks celery

2 medium carrots

6 medium mushrooms

2 cloves garlic

2 green chillies

1 tsp ground cumin

2 tsp cayenne pepper

1 tsp ground cinnamon

400g tin chopped tomatoes

2 tbsp tomato puree

250ml water

1 fresh bay leaf

400g tin chickpeas

400g tin of red kidney beans

Salt and Pepper to season

**Method**

* Finely chop the carrots, celery and onion.
* Melt the coconut butter in a large pan and add the chopped vegetables.
* Add a tbsp. of water, pinch of salt and black pepper and sauté gently for 5 minutes.
* Deseed the chillies and then finely chop both the chillies and garlic. Add to the pan along with the mushrooms and stir in. Sauté gently for another 5 minutes.
* Add the spices and stir to coat all the vegetables.
* Add the tomato puree, tinned tomatoes and 250ml of water and bring to the boil, stirring continuously.
* Reduce to a simmer and cook for 20 minutes.
* Drain and rinse the chickpeas and kidney beans.
* Add the chickpeas and beans to the pan along with a bay leaf.
* Season to taste and cook for a further 20 minutes until the sauce has thickened nicely.
* Serve immediately.