

Vegetarian Chilli *a la* Team Psychokiwi

By popular demand, here is our vegetarian chilli recipe. We reckon it will be the highest point of your day – just perfect after a nice walk or bike-ride, even if your ability is somewhat erratic after being inside all winter!

Ingredients

2 tablespoons	Light olive oil
1 whole	Onion, chopped fine
1 head	Finely chopped garlic
1 teaspoon, each	Powdered cumin, coriander, and cayenne
1 pinch	Nutmeg
2 cups	Peppers, chopped (combination of sweet and hot peppers depending on what you fancy)
2 cans	Beans, rinsed
1 can	Fire-roasted crushed tomatoes
1 oz	Unsweetened chocolate
1 cup	Iceberg lettuce, shredded
1 bag	Tortilla chips
1 cup, approx	Shredded cheese

Be careful to put the ingredients into the pot in the right order. Start at sunrise, by heating up the oil in a heavy pan, and then sweat the onion. When the onion is translucent, stir in the garlic and the spices and sizzle until aromatic. Put in the peppers (and stand back if you've used lots of little hotties) and sizzle them until they have softened. Put the beans, tomatoes, and chocolate into a crockpot and pour in the pan ingredients. Stir. Go and have some fun. When you get to a suitable point, preheat the oven to 120 degrees and warm the chips. This recipe may be a little unusual – off the beaten path even – but if you add all the ingredients correctly, and put the recipe through its paces, success will be yours. When the chilli is suitably thickened and tasting good, serve it with lots of cheese on top of a bed of lettuce and chips.

Hope you like it!

Cheers,

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