

June

VEGETABLE CHILLI

Celebrate the flavour of June

Cook your family a vibrant pot of tasty chilli containing a medley of yummy vegetables that make every mouthful a healthful delight. The chilli isn't just a feast for the eyes; it's a powerhouse of nutrition too!



The stars of this dish are peppers and courgettes which are readily available in June. They are bursting with vitamin C to boost the immune system and keep you strong and healthy, plus they are loaded with fibre to ensure smooth sailing for the digestive system. Red peppers are a good source of Vitamin A important for growth and development and sharp vision.

RECIPE INGREDIENTS

Serves 4

- | | |
|--|----------------------------------|
| 1 medium onion (150g) | 1 tin of chopped tomatoes (400g) |
| 6 medium mushrooms (60g) | 2 tablespoons tomato puree (30g) |
| 1 medium courgette (100g) | 1 tin red kidney beans (400g) |
| 1 medium green pepper (160g) | 2 teaspoons chilli powder (6g) |
| 1 medium red pepper (160g) | Pinch Black Pepper |
| 1 tablespoon vegetable oil (Rapeseed or Olive) | |

COOKING INSTRUCTION AND NOTES

1. Chop the onion and slice the mushrooms, courgettes, and peppers.
2. Heat the oil in large pan and fry onion until golden.
3. Add the mushrooms, courgettes and pepper and cook for 5 minutes.
4. Add chopped tomatoes, tomato puree, kidney beans and chilli powder.
5. Bring the sauce the boil, then cover and lower the heat and cook for 10 minutes. Give it a stir from time to time.

For children under 1 year of age: For infants requiring pureed or mashed texture the chilli can be blended or fork mashed.

Serving Suggestions: Serve with boiled rice. You could try brown rice to increase the fibre content or serve with Jacket potato.

Tips: If you make double the amount the chili can be frozen. If you don't like mushrooms substitute carrot or green beans.

Recipe approved by registered Public Health Dietitian



Food Labelling and Allergen Information