

## Vegetarian Chilli

1. **Chop all of your vegetables, including the garlic.**
2. **Fry your vegetables on a medium heat in a little oil until soft.**
3. **Add your Quorn and fry for 1 minute.**
4. **Add a teaspoon of smoked paprika, cumin and chilli powder.**
5. **Add half a can of tomatoes and half a can of water.**
6. **Add a tablespoon of tomato puree.**
7. **Drain your kidney beans and add half a can to your pan.**
8. **Add a pinch of salt and taste.**
9. **Leave to simmer for 4-5 minutes until thickened.**