

Mixed Bean Chilli with Guacamole



Packed with B Vitamins, beans are a good source of protein and are naturally low in fat. This dish is not only tasty but it will keep you fuller for longer.

This makes a large pot of chilli but don't worry, what you don't use can be portioned up and frozen for another day.

You'll need:

For the Chilli

- 1 tin cannellini beans, drained and rinsed.
- 1 tin kidney beans, drained and rinsed.
- 1 tin black eyed beans, drained and rinsed.
- 1 tin sweetcorn, drained
- 2 tins chopped tomatoes
- 1 large onion, diced
- 2 celery sticks, diced
- 1 carrot, diced
- 2 cloves garlic, crushed
- 1 or 2 red chillies, diced (this is very much depending on how hot you like it!)
- 1 tsp cumin
- 2 tsp paprika
- 1 tsp ground coriander
- 1 tbsp. raw cacao powder (or good quality cocoa powder)
- 2 tbsp. tomato puree
- Cooked Rice or quinoa to Serve

For the Guacamole

- 1 avocado
- ¼ red onion, diced as small as possible
- 4 cherry tomatoes, diced
- Handful fresh coriander, stalks removed and chopped
- Juice of 2 limes

Heat a little oil in a large pan and fry off the carrot, onion and celery on a low heat until softened – approx. 5/6 mins. Add the garlic and chilli and fry for another minute before adding the cumin, ground coriander, raw cacao powder and paprika. Fry off for 1 minute longer, stirring continuously.

Pour in the tins of tomatoes and add the tomato puree, all of the beans and the sweetcorn. Leave to simmer gently for 30 minutes.

While the Chilli is cooking, make a start on the guac. Place the diced onion and lime juice into a bowl, mix and let this sit for 5 mins. Next, scrape the flesh out of the avocado and add this to the onion mix along with cherry tomatoes and coriander. Mix really, mashing the avocado with a fork as you mix. It's nice to keep it a little chunky.

Serve the chilli on a bed of cooked quinoa or wholegrain rice, topped with the guacamole and a fresh side salad!! ☺

www.jobondfitness.com

e. info@jobondfitness.com