



Dinner Recipe:

Black bean chilli (serves 2 - 4 people)

Remember that eating a healthy balanced diet is important for wellbeing and can help you to feel the best you can!

Why not try swapping your meat chilli for a black bean chilli? Beans are usually cheaper and are full of fibre and important protein to help your kids feel 100%.



Ingredients:

2 tbsp olive oil, 1 medium onion, peeled and sliced, 1 red pepper, seeded and finely sliced, a handful of mushrooms, thickly sliced (optional), 1 garlic clove, finely sliced, 1 tsp mild chilli powder or 1 chilli, deseeded and finely chopped, 1 tsp dried herbs, 1 x 400g can black beans in water, drained, 1 x 400g can chopped tomatoes, 100ml vegetable stock, pepper for taste, a tbsp of chopped coriander leaves, lime wedges

Method:

1. Heat the oil in a large pan and cook the onion and peppers until softened – about 10 minutes.
2. Add the mushrooms (if using) and garlic and cook for a few minutes until the mushrooms are cooked through and golden in patches.
3. Add the chilli, cumin and dried herbs and stir to coat everything thoroughly.
4. Add the beans and chopped tomatoes, then add 100ml of the stock and bring to a simmer.
5. Add a little seasoning and simmer for around 30-40 minutes. If the liquid reduces too much, add a little more stock.
6. Any leftovers can be used the next day as a jacket potato filling.

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO
FEEL 100%?