

# RECIPE

# LENTIL & BEAN CHILLI

## WITH HERBED SOYA YOGHURT ALTERNATIVE DIP

RECIPE GIVEN WITH  
KIND PERMISSION OF



### INGREDIENTS

#### FOR THE CHILLI

100 ml water  
2 onions, finely sliced  
2 tsp garlic puree  
100g red lentils  
1 tin butter beans, drained  
1 tin red kidney beans, drained  
1 tin haricot beans, drained  
2 tsp smoked paprika  
1 tsp chilli powder  
2 tbsp tomato puree  
2 red peppers, diced  
2 carrots, peeled and diced  
2 tsp instant coffee  
1 tin chopped tomatoes  
1 tbsp dark treacle  
25g vegan dark chocolate  
½ bunch fresh flat leaf parsley, chopped  
black pepper, to taste  
4 baked sweet potatoes, to serve

#### FOR THE TOPPING

250g soya yoghurt alternative (plain & fortified)  
1 tbsp flat leaf parsley, chopped  
1 tbsp coriander, chopped

### METHOD

1. Heat 100 ml water in a saucepan that can be covered and add the onion and garlic. Cook this over a low heat until the onion is soft.
2. Add the lentils, butter beans, kidney beans, haricot beans, smoked paprika, chilli powder, tomato puree, peppers, carrots and coffee granules to the pan along with enough water just to cover. Bring to a simmer and cover with a lid.
3. After 10 minutes, add the chopped tomatoes, treacle and dark chocolate and stir thoroughly.
4. Leaving the lid off, return to a simmer and keep stirring every few minutes to stop it from sticking. Reduce the liquid in the pan until you have achieved a deep, rich, sticky chilli. Stir through the chopped parsley and season to taste.
5. For the topping, mix all of the ingredients together.
6. To serve, spoon lashings of chilli over steaming sweet potato jackets or gluten free grains and top with the herbed soya yoghurt alternative.

**SERVINGS**  
4

**PREP:** 5-10 MIN  
**COOK:** 30 MIN

### NUTRITION

#### WITH HERBED SOYA YOGHURT ALTERNATIVE

Energy: 618 kcal (46% RI)  
Fat: 7.7g (11% RI)  
of which saturated: 1.7g (8.5% RI)  
Carbohydrate: 64.4g (25% RI)  
of which sugars: 37.8g (42% RI)  
Fibre: 31.2g (104% RI)  
Protein: 27.4g (55% RI)  
Salt: 0.81g (13% RI)  
Calcium: 291mg (36% NRV)  
Iron: 8.6mg (61% NRV)

Source of  
vitamin C

5  
portions of  
5-a-day

Rich in  
fibre

Source of  
protein

