

# 3 Bean Chilli & Salsa



## Ingredients

- 250gr chestnut mushrooms, quartered
- 1 onion, roughly chopped
- 1 red pepper, roughly chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon chipotle chili flakes
- 1 teaspoon smoked paprika powder
- 1 teaspoon sea salt
- 1 tablespoon olive oil
- 1 tin cannellini beans (400gr)
- 1 tin black beans (400gr)
- 1 tin kidney beans (400gr)
- 2 tins tomato cubes (800gr)
- 200ml vegetable stock
- coriander leaves, to garnish

# Salsa

- 1 avocado, roughly chopped
- 1 lime, juice only
- 1/2 red onion, finely chopped
- 1 teaspoon sea salt

## Method

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. In a large, deep roasting tin, mix together the mushrooms, onion, red pepper, spices, salt and olive oil. Place the tin in the oven and leave to roast for 25 minutes.
3. Drain and rinse the beans and add them to the tin, along with the chopped tomatoes and stock. Stir to mix. Return to the oven and cook for 35 minutes.
4. 10 minutes before the chilli is done, combine all the salsa ingredients in a small bowl, mashing the avocado very lightly with the back of a fork. It should remain fairly chunky.
5. Scatter the fresh coriander on the chilli and serve with rice, corn tortillas, or tortilla chips - or a combination of these.

## Notes

- Goes well with the "Picada" meat mix from Mundo Latino on Uber Eats or any other smoked meats (pork, sausage, bacon, ...)

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