

Slow Cooker Vegetarian Chilli

This meal is one I have adapted from a Gwenyth Paltrow cook book that I found in a library and photocopied. The original meal was a stove top meal and used American ingredients. So I tweaked a few steps and threw everything in a slow cooker. It works a treat on a winter evening, for a casual meals or an after school snack. It lasts for up to a week in the fridge and is not just vegetarian but vegan. It is easily doubled when used for parties. It's my go-to when my "vego" friends are coming over... and can be served with rice, baked potato, used in tacos and nachos. Enjoy!



2 tablespoons extra virgin olive oil

½ large onion, peeled and diced

1 large carrot, peeled and cut into 5mm dice

½ large red capsicum, seeds and ribs removed, cut into 5mm dice

2 cloves garlic, peeled and finely chopped

¾ teaspoon chilli flakes (adjust to how hot you like your meals)

½ teaspoon ground cumin

¼ teaspoon ground black pepper

Optional – fresh chilli chopped

2 400g canned tomatoes with their their juice

100g French (puy) lentils, rinsed and drained

1 410g black beans, rinsed and drained

1 410g kidney beans, rinsed and drained

Big pinch of course salt

3 tablespoons tomato paste

Heat the olive oil in the base of a slow cooker over a medium heat, or on the stove top. Add the onion, carrot, red capsicum and gently heat through for 5 to 10 minutes. Then add the garlic, chilli flakes, cumin and black pepper and heat through for 5 minutes, until the vegetables are softened.

Add the tomatoes and their juice, lentils and beans. Fill one 410g can with water and add it to the pot, along with the salt. Stir through the tomato paste. Place on the slow cooker on a low setting for at least 4 hours, until the flavours have developed and the lentils are cooked.

Serve with rice, yogurt or sour cream, grated cheese, chopped shallots and coriander, and a dash of hot sauce.