

OVERALL time: 65 mins

BLACK BEAN VEGGIE CHILLI WITH CHEESY NACHOS

We're celebrating all things veggie this month, giving some of our favourite winter comfort dishes a vegetarian makeover. Forget about chilli con carne and rather tuck into this chilli con veggie alternative! It really hits the spot, especially when topped with nachos with oozy melted cheese.

Metric

Number of servings : 4

ingredients

For the main

- 45 ml Olive oil
- 2 Large yellow peppers, finely diced
- 3 Plump garlic cloves, minced
- 10 ml Ground cumin
- 10 ml Ground coriander
- 10 ml **Cape Herb and Spice Smoked Paprika Tin**
- 5 ml Dried oregano
- 30 ml **Cape Herb and Spice Portuguese Peri Peri Rub**
- 2 Large ripe red tomatoes, diced
- 30 ml Tomato Paste
- 800 g Tinned black beans, drained and rinsed in a colander
- 8 Coriander sprigs (including stalks), chopped
- 115 g Grated white cheddar cheese
- Large pack of nachos

To serve

- Extra nachos
- Sour cream
- Spring onion, finely sliced
- Coriander leaves
- Pickled jalapeno slices

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 45 mins

Fry the onion in olive oil for five minutes. Add the red and yellow peppers and fry for a further 10 minutes. Add the garlic and all the spices and fry for two minutes. Add the tomato paste and chopped tomatoes. Place lid on and cook over low heat for 20 minutes. (If you use a thick-base saucepan and the heat is low enough, the tomatoes and peppers provide all the moisture this dish needs, so do not add water.) Stir in the black beans and the coriander. Place veggies in an ovenproof shallow dish and top with half a pack of nachos. Sprinkle over cheese and place in a 150 degree Celsius oven for about ten minutes until the cheese has melted. Sprinkle over spring onion, coriander and jalapeno. Serve with extra nachos and sour cream on the side for some serious dunking action!

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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