

WINTER WARMING CHILLI



This recipe is from the

blueangel
café

Situated at the entrance to the Universal Hall, the café offers a wide range of snacks and beverages with an emphasis on fresh, local and organic ingredients. Monthly exhibitions from local artists decorate the walls and crockery used is from the nearby Findhorn Pottery.

Ingredients:

- 500g Quorn mince
- Biona Passata
- 1 tin of Suma Organic Chopped Tomatoes
- Biona Chilli Beans
- Extra Virgin Olive Oil
- 2 white onions
- 1 Green or 1 Red pepper or both
- 2 or 3 cloves of Garlic
- 1 ½ teaspoon of Cajun Spice
- ½ teaspoon of Cayenne Pepper
- 1 ½ teaspoon of Ground Chilli
- Organic white long grain rice

Method:

Sauté onions, garlic, vegetables and spices, don't be shy with the olive oil as the Quorn will soak it up.

Next add the Quorn, chilli beans and chopped tomatoes. Passata may be added to your desired consistency. Turn down low and simmer for 20-30 minutes. Enough time to cook your rice.

Serve with a topping of Lye Cross Mature Cheddar, Soured Cream and Guacamole, and enjoy this easy cook winter warmer.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available on the Phoenix Community Shop facebook page and www.phoenixshop.co.uk