

## **CHILLI SIN CARNE** (makes 6 portions)

1 tsp **basil**  
1 tsp **oregano**  
1 tbsp **sweet paprika**  
1 tbsp **cumin**  
½ tsp **cayenne powder**  
1 tsp **coriander**  
½ tsp **cinnamon**  
1 tsp **nutmeg**  
1 tsp **mustard powder**  
2 tbsp **tamari**  
2 tbsp **apple cider vinegar**  
1 dsp **sweetner** (ie agarve syrup)

1 large **onion**  
5 **garlic cloves**  
1 **red pepper**  
1 **chilli**

2 sticks of **celery**  
400 g **leek**  
300 g **carrot**  
250 g **brussels sprouts**  
400 g **sweet potato**  
1 **potato**  
180 g **curly kale**

2 cups **basmati rice**  
½ cup **red lentils**  
½ cup **bulgar wheat** (or pearl barley)

2 tins **chopped tomatoes**  
2 tins **red kidney beans** (rinsed & drained)

2 tbsp **tomato puree**  
600 ml **vecon stock**

Mix the **spices** in a dish.

Heat some oil in the wok and gently saute the spices, followed by **onions, garlic, chilli** and **red pepper** until soft.

Add the **rice, lentils** and **bulgar wheat**, followed by the **vegetables**.

Add the **beans**.

Add the **tomatoes, tomato puree** and **stock**.

Bring to a boil then cover and cook on a very low heat for **20 minutes**.

Take off the lid and continue cooking until all the liquid has evaporated.