



TANGY BLACK BEAN AND CHIPOTLE CHILLI

Recipe from Knorr Future 50 Foods Cookbook

Serves 4 – Easy – 45 minutes



- 3 tbsp rapeseed or sunflower oil
- 1 red onion
- 1 carrot
- Handful of fresh coriander
- 2 garlic cloves, finely chopped
- 1 red bell pepper
- 1 tbsp chipotle paste in adobo sauce
- 1/2 tin (200g) black turtle beans, drained and rinsed
- 2 tbsp tomato purée
- 500g fresh chopped tomatoes
- 2 tbsp Knorr Concentrated Liquid Vegetable Stock
- 1/2 tsp dried oregano
- 100ml water



Method

1. Slice the onion, red bell pepper and carrot and separate the coriander stalks from the leaves. Set the leaves aside for later. Use a mini chopper or food processor to chop the onion, carrot and coriander stalks.
2. Heat the oil in a large frying pan and add the chopped vegetables and herbs.
3. Add the rinsed black beans, tomato purée and chopped tomatoes.
4. Season with the with the Knorr Concentrated Liquid Vegetable Stock, oregano, water, salt and black pepper.
5. Stir, then cover with a lid and turn up to a high heat.
6. Cook for 8–10 minutes, stirring frequently.
7. Stir the coriander through the chilli before serving.



Greenhouse Gasses

Total overall recipe 2.67kg CO₂e

Total per serving 667.5g CO₂e

Per serving equivalent to driving 2.24 miles in an average UK petrol car

