

# Veggie Chili

Contributed by Ian Weaver

Served 14 at Lanehead

## Ingredients

700g Quorn Mince  
6 tins chopped tomatoes  
5 tins kidney beans  
5 onions  
6 courgettes  
6 peppers  
two handfuls mushrooms  
~4 level teaspoons chilli powder  
a few dashes of tabasco  
cooking oil  
american long grain rice  
optional extras  
block of cheese (grated)  
14 pitta breads (light toasting just before serving)

## Method

A good chilli, like the chef, takes time to mature. Make in the morning.

1. Chop onions into ~1cm square. Try and get some unsuspecting volunteer to do this job for you or you may be in tears during the following few steps. I was.
2. Lightly fry onions in large pan
3. Chop peppers, courgettes and mushrooms to ~1cm and add..
4. After a few minutes of gentle frying, add tomatoes
5. Wash kidney beans and add.
6. Add chilli powder and tabasco to taste.
7. After a few minutes add quorn mince. Keep stirring frequently now as more prone to burning.
8. Bring up to approaching boiling point. Once kidney beans are starting to go soft take the chilli off the heat, put a lid on and leave to mature for the day.

During evening you can either

- a) If you are worried that you have added too much chilli powder then find an excuse to be out ("the Coniston urban race") at meal time,
- or
- b) cook sufficient rice (think it was around 6 mugs) whilst gently reheating chilli. Serve with the optional extras. Ensure there is plenty of water to drink just in case.