

OSIUS VEGAN CHILLI

A DELICIOUS VEGAN CHILLI WITH A SPLASH OF VEGAN OSIUS BONE BROTH

INGREDIENTS

2 tbs olive oil	1 tbs cumin seed
1 small onion, finely chopped	2 tbs chipotle paste
1 stick celery, finely chopped	150g Puy lentils (or similar)
1 red or yellow pepper, diced	250ml white wine (vegan), or water
1 dessert apple, diced	500ml Osius Vegan Vegetable Broth
1 aubergine, diced	400g tin kidney beans
1 clove garlic, finely chopped	400g tin tomatoes, chopped
1 red chilli, finely chopped	20g dark (at least 70%) vegan chocolate
2 tsp dried oregano	1 to 2 tsp sugar
1 tbs coriander seed	salt and pepper

METHOD

In a dry frying pan, toast the spices until hot and fragrant. Crush using pestle and mortar or spice grinder .

Add 1 tbs of oil to the frying pan and brown the diced aubergine. Add more oil if needed. Remove from pan and set aside.

Add 1 tbs of oil to a saucepan and fry the onion and celery until soft.

Add the spices, salt and pepper, chilli, garlic, red/yellow peppers and apple. Fry for a couple of minutes without browning. Add chipotle paste and stir.

Add the lentils, stir in, and then add the wine. Bring to the boil and add the broth, tomatoes, kidney beans and oregano.

Bring back to the boil, reduce it to a simmer, partially covered for 40 minutes until lentils are tender and liquid is reduced.

Add the cooked aubergine and simmer for a further 10 to 15 mins.

Break up the chocolate and add, stirring to dissolve. Test and season with salt and pepper

Serve or allow to cool and refrigerate. It will be even tastier the following day.