HOT & BOLD

Smoky Three-Bean Chili with Lime Rice

PREP	COOK	SERVES
15 min	45 min	4 to 6

Vegetarian

A deep, smoky vegetarian chili with black, kidney and pinto beans, served over zesty lime rice.

Ingredients

For the chili

- 2 tbsp oil
- 1 large onion, diced
- 1 red pepper, diced
- 3 garlic cloves, crushed
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp chili flakes (or 1 chipotle in adobo, chopped)
- 2 tbsp tomato purée
- 400 g tin chopped tomatoes
- 400 g tin black beans, drained
- 400 g tin kidney beans, drained
- 400 g tin pinto beans, drained
- 300 ml vegetable stock
- Salt and black pepper

For the lime rice

- 300 g long-grain rice
- Zest and juice of 1 lime
- Small bunch of coriander, chopped

To top

- Soured cream or thick yoghurt
- 1 ripe avocado, sliced
- Extra coriander

Method

1. Heat the oil in a large pot and cook the onion and pepper for 8 minutes until soft.
2. Add the garlic, paprika, cumin, oregano, chili and tomato purée and stir for 2 minutes until fragrant.
3. Add the tomatoes, all the beans and the stock. Bring to the boil, then simmer uncovered for 30 minutes, stirring now and then, until thick. Mash a few beans against the side of the pot to thicken it further. Season well.
4. Cook the rice according to the packet, drain and stir through the lime zest, lime juice and coriander.
5. Serve the chili over the rice topped with soured cream, avocado and coriander.

> ### Cook's tip
> Chili tastes better after a rest. Cook it earlier in the day, reheat gently and add a squeeze of lime just before serving.