KIKKOMAN

Slow Cooker Vegetarian Chilli

Total time **195 mins** **15 mins** preparation time **180 mins** cooking time

INGREDIENTS

4 portion(s)

1 tbsp	olive oil
3	garlic cloves, minced
1	onion, finely chopped
1	red bell pepper, finely chopped
1	green bell pepper, finely chopped
1 tbsp	sugar
2 tsp	dried oregano
2 tsp	ground cumin
1 tsp	ancho chilli powder
0.5 tsp	salt
400 g	tin chopped tomatoes
300 ml	vegetable stock
2 tbsp	tomato paste
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	chipotle paste
800 g	tinned black beans, drained and rinsed
400 g	tinned kidney beans, drained and rinsed
500 g	corn kernels (from 2 sweetcorn cobs)
	salt and freshly ground pepper to season
	fresh coriander to garnish
4 tbsp	sour cream, to serve
1	small chopped avocado or 4 tbsp guacamole, to serve
	lime wedges, to serve
	Cooked quinoa or rice, to serve

PREPARATION

Step 1

Heat the oil in a non-stick frying pan or in a 4.5 litre slow cooker with sauté function.

Step 2

Add the garlic, onion and peppers and cook, stirring, for 5 minutes.

Step 3

Add the sugar, oregano, cumin, chilli powder and salt and cook for a further 2 minutes.

Step 4

Stir in the chopped tomatoes, stock, tomato paste, soy sauce and chipotle paste.

Step 5

Bring to a simmer and stir in the black beans and kidney beans.

Step 6

Transfer to the slow cooker (if not in there already), cover and cook on low setting for 2 hours and 30 minutes.

Step 7

Stir in the corn and cook for a further 30 minutes.

Step 8

Taste and season.

Step 9

Serve with rice or quinoa, garnish with fresh coriander and accompany with avocado and sour cream and lime wedges.