

## Chickpea and Bean Chilli

*Pulses are high in protein, low in fat and low in calories, and they are also a super source of folate and fibre. Chickpeas (garbanzo beans) have also been shown to help reduce blood sugar and cholesterol, and improve gut health.*



Serves: 4

### INGREDIENTS

3tbsp olive oil  
1 large onion  
1tsp ground turmeric  
1tsp ground cardamom  
1tsp ground cumin  
1 yellow (bell) pepper, deseeded and diced  
1 red (bell) pepper, deseeded and diced  
2 celery sticks, chopped  
2 garlic cloves, crushed  
1tsp dried chilli (red pepper) flakes  
2 x 400g cans chickpeas (garbanzo beans)  
1 x 400g can kidney beans  
1 x 400g can chopped tomatoes  
freshly ground black pepper

### METHOD

1. Gently heat the olive oil in a saucepan over a low heat.
2. Add the onion and sweat for 5 minutes, or until softened.
3. Stir in the turmeric, cardamom and cumin, then add the peppers and celery, and cook for 8-10 minutes.
4. Stir in the garlic, chilli flakes, chickpeas, kidney beans and tomatoes, and simmer for a further 10 minutes.
5. Season with freshly ground black pepper to taste, and serve with rice.