

Chili

3 cans kidney beans
4 cans tomatoes
3 carrots
4 garlic cloves
1 tbsp paprika
2 chilis
1 small can of corn
3 onions
pepper
salt
olive oil

- ❖ fry onions in olive oil
- ❖ add sliced carrots and fry a bit
- ❖ add chilis
- ❖ add beans, tomatoes and corn
- ❖ add garlic, salt, pepper
- ❖ cook for 35 min
- ❖ season to taste

now serve with grated cheese on top