

One-Pot Fresh Veg & Three-Bean Chilli

Ingredients (1 serving)

- 1 tsp rapeseed oil
- ¼ onion, diced
- 1 small garlic clove, crushed
- ¼ pepper, chopped
- ½ small carrot, diced
- ½ stick celery, sliced
- ¼ courgette, chopped
- ½ tsp ground cumin
- ½ tsp smoked paprika
- ¼ tsp ground coriander
- Pinch of chilli powder
- 1 tsp tomato purée
- 150g chopped tomatoes (about ⅓ of a tin)
- 2 tbsp kidney beans, drained
- 2 tbsp pinto beans, drained
- 2 tbsp edamame beans (frozen or cooked)
- 50–75ml water or low-salt veg stock
- Pinch of dried oregano
- Squeeze of lime (optional)
- Few leaves fresh coriander (optional)
- 60–70g brown rice (dry weight), to serve

Method (One Pot)

1. Heat the oil and soften the onion for 3–4 minutes.
2. Add garlic, pepper, carrot, celery and courgette. Cook 5 minutes.
3. Add cumin, smoked paprika, coriander and chilli powder. Toast 1 minute.
4. Stir in tomato purée, chopped tomatoes and water/stock.
5. Add kidney beans, pinto beans and edamame beans.
6. Simmer gently for 20 minutes, stirring occasionally.
7. Finish with lime juice and coriander if using.
8. Serve with cooked brown rice.

Why this version works well

- Edamame adds protein and a fresh bite
- Kidney + pinto give creaminess and heartiness
- Still low-GI, high-fibre, ideal for diabetics
- No extra steps — edamame cooks in the same pot
- Colourful and visually appealing for group sessions