TT-Cookbook: How to cook without ingredients ...

Ready to eat in 30 minutes Chili

Ingredients:

mandatory

- 2 tin of kidney beans
- 1 tin of corn
- 2 tins of tomatoes
- 2 tins of tomatoes purée
- 2 onions
- Mix of spices out of the LTB: paprika (3 ts), chilli powder (2 ts), salt and pepper
- Tortilla wraps (2/3 per person)
- Cheese

optional

Vegan recipe if you add vegan cheese (or no cheese) :)
You can also add some chicken to the recipe (usually 1 scallop per person cut in cubes – you cook the chicken for about 10 minutes in oil – usually it's better to cook the chicken first and fry the onions after in the same pan :))

- ☑ VEGETARIAN
- ☐ VEGAN
- ☐ Iceland flag
- ☐ GLUTEN FREE
- ☐ LACTOSE FREE
- ☑ NUTS FREE
- ☑ SOY FREE

How to prepare:

- Slice the onions and fry them in a hot pan with oil for 8 min
- Add the spices to the onions
- Add the beans, corn, tomatoes tins and the tomato purée
- Fix the spices (you may add some more paprika and chilly according to your taste :))
- Let it cook slowly for about 30 minutes (don´t forget to stir)
- Meanwhile slice some cheese
- Once the meal is ready, put out the tortilla wrap and fill them generously and add some cheese

Notes:

You can warm up the tortillas in a pan (no need to put any oil, straight in the pan :))