



VEGAN CHILI SIN CARNE WITH FILET PIECES

INGREDIENTS

2 pack Garden Gourmet vegan filet pieces

2 cans of diced tomatoes (400 g)

1 can of corn (140 g drained)

1 can of kidney beans (approx. 250 g drained)

1 red onion

1 sachet Mexican chili/taco seasoning

CULINARY TIP

Serving tips

Delicious with boiled rice, wrap tortillas (or tortilla chips), mixed salad with avocado, tomatoes and red onion, and salsa and sour cream.



4 SERVINGS



30 MIN



EASY

Spice up your dinner with this hearty Chili Sin Carne! Packed with beans, veggies, and Garden Gourmet Vegan Filet pieces, it's a plant-based twist on a classic.

PREPARATION

1. Fry the file pieces

Peel and chop the onion. Heat 2 tbsp cooking oil in a large frying pan and fry the file pieces with the onion for approx. 5 min. while stirring.

2. Add the spices and simmer

Fry the Mexican spices for a minute and add the diced tomatoes. Bring to the boil, lower the heat and simmer for approx. 5 min.

3. Add the kidney beans and serve

Meanwhile, drain the kidney beans and corn, add them and bring to the boil again.

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