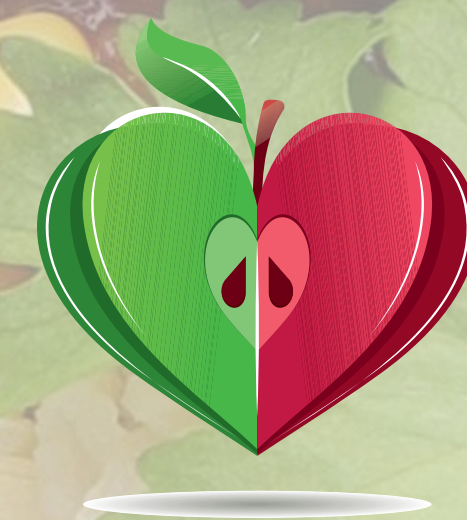


MIXED BEAN CHILLI

PREP TIME: 10 MINS

COOKING TIME: 45 MINS



Healthy
UCD

SERVINGS: 2

Ingredients

- 1/2 white/red onion (finely chopped)
- 1/2 Red Chilli (finely chopped)
- 1 Garlic clove (crushed/finely chopped)
- 1 Large potato (peeled and cut into chunks)
- Cumin (1/2 tsp)
- Paprika (1/2 tsp)
- Cayenne pepper (1/2 tsp)
- Cinnamon (1/2 tsp)
- Mixed Beans (1 can)
- Chopped tomatoes (1 can)



Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Onion	1/2 , finely chopped	€0.61	€1.19/kg	€1.79/3-pack
Red chilli	1/2 , finely chopped	€1.09	€0.85	€2.25
Garlic clove	1, finely chopped	€0.99	€0.99 / 200g	€1.30
Large potato	1, peeled and cut into chunks	€1.09	€0.69/each	€3.99/bag
Cumin	1/2 tsp	€1.00	€0.69	€3.50
Paprika	1/2 tsp	€1.00	€0.69	€3.35
Cayenne pepper	1/2 tsp	€1.00	€0.69	€3.50
Cinnamon	1/2 tsp	€1.00	€0.69	€3.50
Mixed beans	1 can	€0.75	€0.62	€1.70
Chopped tomatoes	1 can	€0.39	€0.39	€1.15
Total cost/recipe		€8.92	€7.49	€26.02
Total cost/serving		€4.46	€3.75	€13.01

Method

1. Heat the oil in a large saucepan and add the onion, chilli and garlic and cook for 1-2 mins.

Add the sweet potato, spices and some seasoning, then pour in the beans and chopped tomatoes. Fill one of the empty cans with water and add to the pan, then bring to the boil and turn down to a simmer.

2. Cook for 45-50 mins or until the sweet potato is soft and the sauce has reduced - add some water if the sauce looks a bit thick. Season to taste and serve with rice.



Dietary Information

	631g Serving	%RI
Energy (kcal)	462	23%
Fat	1.7g	2%
of which saturates	0.3g	2%
Carbohydrates	78g	30%
Fibre	19g	52%
Protein	22g	44%
Salt	0.23g	4%

Allergy Information



Gluten free



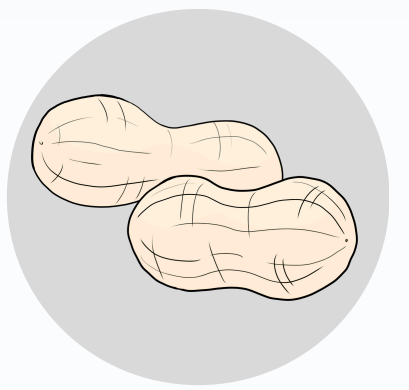
Vegetarian



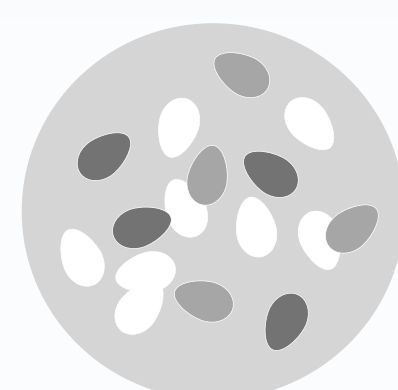
Contains gluten



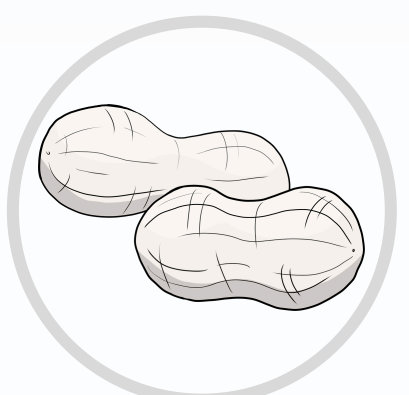
Vegan



Contains nuts



Contains sesame



May contain nuts



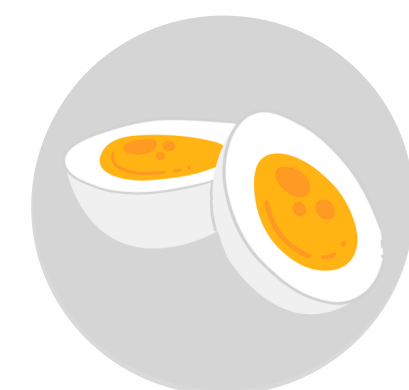
Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish



Breakfast Bagel

COOKING TIME: 10 MINS



Healthy
UCD

SERVINGS: 1

Ingredients

- 1 Egg
- 1/2 Avocado
- 1 Bagel Thin
- 2 Turkey Rashers
- 1 slice of cheese

*use GF version if coeliac



Healthy
UCD



Ingredient	N GYT6	Cost (Tesco)	Aldi	Centra
Egg	1	26c	32c	€
Avocado	1/2	44c	54c	€
Bagel Thin	1	40c	48c	€
Turkey Rashers	2	66c	92c	
Cheddar Cheese	1	16c	38c	€
		1.92	2.64	



Healthy
UCD

Method

1. Fry/Scramble egg (season as desired) on pan alongside turkey rashers on stove top.

2. Slice avocado

3. Assemble bagel with the egg, rasher, cheese and avocado

If no toaster: throw bagel on pan & toast on each side



Dietary Information

	211g Serving	%RI
Energy (kcal)	415	21%
Fat	21	30%
of which saturates	5.8	29%
Carbohydrates	28	11%
Fibre	3.9	16%
Protein	27	54%
Salt	1.9	32%

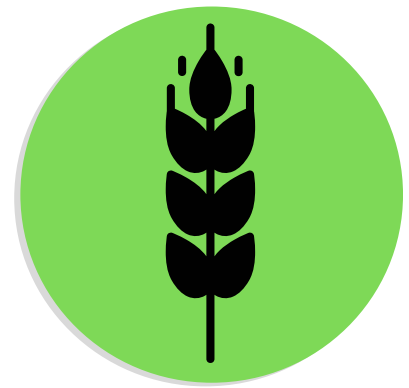
Allergy Information



Gluten free



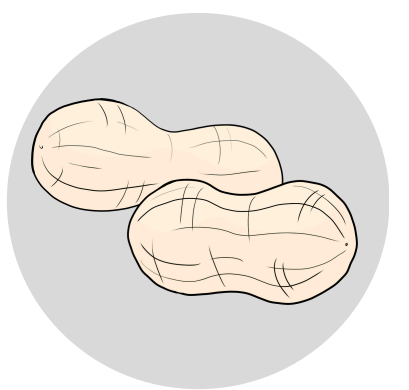
Vegetarian



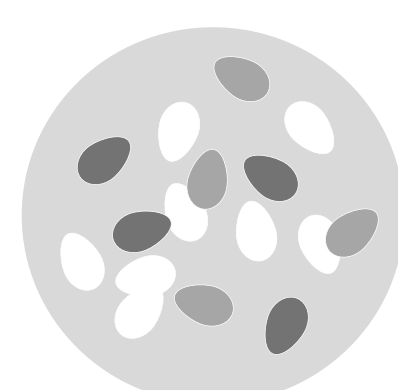
Contains gluten



Vegan



Contains nuts



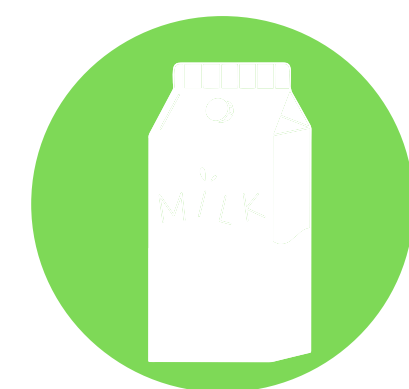
Contains sesame



May contain nuts



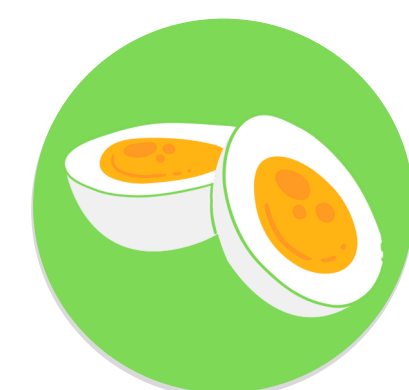
Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish

