



Plant Based
RECIPES

Pumpkin Chili
with
cheddar



You will need

2 tbsp of oil

1 clove of garlic, diced

½ onion, chopped

1 celery stem, diced

1 carrot, diced

100 gr of pumpkin, cubed

1 red bell pepper, chopped

Salt and black pepper to taste

1 tsp of oregano

1 tsp of chili flakes

50 gr of red kidney beans

50 gr of sweetcorn

200 ml of marinara sauce

100 ml of water

Top with:

Cheddar flavor



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Method

- In a soup pot, add oil and start by frying the onions, garlic and celery
- After 2 minutes add in the pumpkin, carrots and peppers
- Season with salt, black pepper, oregano and chili flakes
- Cook for 5 minutes and then add in the beans, corn, marinara and water
- Lower the heat and cook for 45 minutes
- Serve and top with cheddar flavor

Recipe &
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SERVES



PREP TIME



Green Vie
100% Plant-Based
Vegan

STED

Enjoy!

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this recipe?*



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