



BEC
BALDRY
WELLNESS

CHILLI STUFFED POTATOES

SERVES 4

INGREDIENTS

- 6 medium potatoes
- 1 small onion, diced
- 1 garlic clove, minced
- 1 large carrot, diced
- 1 stalk celery, diced
- 1 red capsicum, diced
- 1 can (400g) black beans, drained and rinsed
- 1 can (400g) kidney beans, drained and rinse
- 1½ tbsp chilli powder, or to taste
- ½ tbsp smoked paprika
- ½ tbsp ground cumin
- ½ tbsp dried mixed herbs
- ½ cup tomato paste
- 1 can (400g) diced tomatoes
- 1 vegetable stock cube (no MSG)
- 2 cups water
- TO SERVE
- Guacamole
- Sour cream
- Fresh coriander

METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper and set aside.
2. Prepare potatoes by washing well then patting dry with a clean tea towel. Poke holes in the potatoes using a fork and place onto the baking tray. Bake in the oven for 50 minutes or until potatoes are soft and have completely cooked through.
3. In the meantime, heat a large pot over medium high heat. Once hot, add in the onion, garlic, carrot, celery and capsicum. Sauté for 7-8 minutes or until ingredients have softened.
4. Add in the black beans, kidney beans, chilli powder, smoked paprika, cumin and mixed herbs and fry for 1 minute.
5. Add in the tomato paste, diced tomatoes, veggie stock cube and water. Stir through and bring to the boil. Once boiling, reduce heat to low and gently simmer until thickened (this should be done by the time the potatoes have cooked).
6. Remove the potatoes from the oven, slice through the middle length ways and split open using 2 forks. Spoon the chilli into each potato. Serve with guacamole, sour cream and fresh coriander.