



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
Protein

STED

Enjoy!

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this recipe?*



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