

19th June 2020

# FRIDAY



## Live cook-along: ingredient list

On Wednesday 24th June at 12pm, we will live-stream a cook-along Veggie Chilli on our CHS Instagram account - [@chorltonhighschool](#)

Ms Hassan and Ms Shale would love to have students and families join in at home, making a delicious veggie chilli using everyday ingredients.

### Below is the list of suggested ingredients:

**Serves 4**

**Vegetable oil (or any)**

**1 onion**

**2 cloves of garlic**

**2 x 400g tins of chopped tomatoes**

**2 x 400g tins of beans (you can choose any for example using kidney, chickpea, cannellini, pinto)**

**2 peppers (any colour)**

**Any additional vegetables of your choice. Good selections are: butternut squash, sweet potatoes, carrots (but any veg that needs using is fine)**

**Spices: cumin, cinnamon, cayenne pepper or chilli powder, ground coriander**

**Optional flavourings; fresh chilli, fresh coriander, lime.**

**If you want to make your own tortilla chips you will need corn or flour tortilla wraps, this is optional.**

**We hope to see you there but, if you can't join us live and want to cook later, our cook-along will be available on our website from 2pm on Wednesday 24th June.**

**SOCIAL LINK: Instagram: IGTV broadcast**

**WEB LINK: CHS website from 2pm**

**Celebrate and support  
our AMAZING community!**

