

Vegetarian chilli beans with salad and rice



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Basmati rice	315g	420g	500g
Canned chilli beans	900g	1200g	1440g
Edam cheese, grated	125g	170g	200g
Carrot, grated	155g	210g	250g
Lettuce	190g	250g	300g
Sour cream	95g	125g	150g

Directions

1. Cook rice following packet instructions.
2. Place chilli beans in a large pot and cook until boiling then remove from heat.
3. Wash, core and shred lettuce.
4. Serve chilli beans with cooked rice, lettuce, grated carrot, sour cream and cheese as per guidance below.



Vegetarian chilli beans with salad and rice continued...

Special diet substitution ideas

Vegan:

- Use vegan cheese instead of dairy cheese.
- Omit sour cream.
- Serve larger portion of beans.

Gluten-free:

- Use gluten-free chilli beans.

Dairy-free:

- Use vegan cheese instead of dairy cheese.
- Omit sour cream.
- Serve larger portion of beans.

Halal:

- Use gelatine free sour cream or yoghurt instead of sour cream.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Beans	90g	120g	145g
Rice	85g	110g	135g
Lettuce	15g	21g	25g
Carrot	15g	21g	25g
Cheese	12g	17g	20g
Sour cream	10g	12g	15g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	228	304	365
Vegetables (g)	32	42	51
Protein food (g)	103	137	164
Grain food and starchy vegetables (g)	84	113	135

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Pams rice basmati	5kg
Pams beans chilli mild	425g
Alpine cheese edam grated	5kg
Fresh Connection carrot grated	1kg
Lettuce	Each
Tatua sour cream	1kg

Allergens



dairy, gluten, wheat.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- This recipe uses smaller cans of chilli beans as they are cheaper than larger options.
- If your ākongā prefer cooked vegetables, omit the salad and add an equivalent quantity of suitable vegetables such as corn, carrot and onion to the beans and cook for longer.