

# South American Chilli Bean & Vegetables (GF) (VG) MP2

Canonical: <https://directory.befitfood.com.au/food-beverages/ready-meals-prepared-foods/south-american-chilli-bean-vegetables-gf-vg-mp2/>

## Description:

A delicious vegetarian chilli dish, protein packed and LOADED with nutrients from the vegetables and beans. Full of flavour with South American spice blends, you can expect a hearty and exotic yet highly nutritious meal that will be sure to tickle your tastebuds! Excellent source of dietary fibre High in protein Low in sodium Low in saturated fat Vegan Chilli rating: 1 Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Mushroom (7%), Red Kidney Beans (7%), Red Capsicum (6%), Zucchini (6%), Broccoli (6%), Carrot (6%), Tofu, Onion (4%), Tomato Paste, Green Peas (2.5%), Kale (2.5%), Leek (1.5%), Corn Kernels (2.5%), Textured Vegetable Protein, Gluten Free Soy Sauce, Olive Oil, Faba Bean Protein, Garlic, Vegetable Stock, Paprika, Cumin, Cinnamon, Corn Starch, Pepper, Chilli Powder. Allergens: Soybeans May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Milk, Egg, Lupin