

Smoky Vegetable & Quinoa Chilli (Low FODMAP)

A vibrant, protein-packed vegan chilli with roasted vegetables, quinoa, and a hint of cocoa that brings depth without the digestive drama.

Prep: 15 min

Cook: 35 min

Total: 50 min

Servings: 4

Low FODMAP ✓

Ingredients

1 tablespoon (15ml) olive oil

1 medium (about 300g), cut into 2cm chunks aubergine

2 medium (about 400g total), cut into 2cm chunks courgettes

2 large (about 350g total), deseeded and cut into 2cm chunks red bell peppers

1 medium (about 15g), finely chopped (seeds removed for less heat) fresh red or green chilli

2 teaspoons (6g) smoked paprika

1 teaspoon (3g) ground cumin

1 teaspoon (2g) ground coriander

1/4 teaspoon (0.5g) asafoetida powder

1 x 400g tin tinned chopped tomatoes

2 tablespoons (30g) tomato purée

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1 tablespoon (8g) unsweetened cocoa powder

150g uncooked, rinsed thoroughly quinoa

400ml water

200g (fresh or frozen) shelled edamame beans

3 stalks, green parts only, thinly sliced (white bulbs discarded) spring onions

small handful (about 15g), roughly chopped fresh parsley

to taste salt

to taste black pepper

Instructions

Step 1: Sauté the vegetables

(8 min)

Heat the olive oil in a large, deep sauté pan or Dutch oven over medium heat. Once shimmering, add the aubergine, courgettes, and red peppers. Cook for 7 to 8 minutes, stirring occasionally, until the vegetables begin to soften and develop some colour around the edges. The aubergine should start to look translucent rather than spongy.

Step 2: Build the spice base

(2 min)

Add the chopped chilli, smoked paprika, cumin, coriander, and asafoetida to the pan. Stir constantly for about 2 minutes until the spices become fragrant and coat the vegetables evenly. This toasting step is crucial for developing deep, complex flavours without any high-FODMAP aromatics.

Step 3: Create the chilli base

(3 min)

Pour in the tinned tomatoes, then add the tomato purée and cocoa powder. Stir everything together thoroughly, making sure the cocoa powder is fully incorporated with no lumps remaining. The mixture should look rich and glossy. Bring to a gentle simmer, then reduce the heat slightly to maintain a steady bubble.

Step 4: Cook the quinoa

(15 min)

Add the rinsed quinoa and 400ml of water to the pan. Stir well to distribute the quinoa evenly throughout the chilli. Increase the heat to bring the mixture to a rolling boil, then reduce to a gentle simmer. Cook uncovered for about 15 minutes, stirring occasionally, until the quinoa has absorbed most of the liquid and the little spiral tails are visible on the grains.

Step 5: Finish with protein and herbs

(5 min)

Stir in the edamame beans and cook for an additional 5 minutes to heat them through completely. If using frozen edamame, they'll defrost and warm perfectly in this time. The chilli should now be thick and hearty, with just enough sauce to coat everything generously. Taste and season with salt and black pepper as needed.

Step 6: Garnish and serve

(2 min)

Remove the pan from the heat and scatter the sliced spring onion greens and chopped parsley over the top. Gently fold them through the chilli so they wilt slightly but retain their fresh, bright flavour. Serve immediately in warmed bowls, either on its own or alongside a fluffy baked potato, steamed rice, or a dollop of lactose-free yogurt.