



Chilli Con Carne

Prep Time: 5 Minutes

Cook Time: 1 hour

Serves 6

This one pot meal is a flavoursome and healthy dish to feed all the family. We have snuck a few extra veggies in to bulk up this dish and increase the nutritional value.

Ingredients:

1 tsp olive oil
1 large onion, finely chopped
1 pepper, chopped
3 cloves garlic, minced
1 kg lean beef mince
4 g oregano
5 g smoked paprika
10 g chilli powder
5 g cumin
1 dash of Worcestershire sauce
500 ml beef stock
250 g red kidney beans, drained and rinsed
6 mushrooms
4 carrots
400 g chopped tomatoes
10 g tomato puree



Method:

1. Prepare the onion, pepper, garlic, mushrooms and carrots by simply chopped/ diced.
2. Heat a large pan over a medium heat and add the olive oil, onion, garlic and pepper and cook until the onion starts to become translucent.
3. Then add the mince to the pan and break it up and cook until it is browned.
4. Add all the other ingredients and the reduce the heat to a low heat and the simmer for 30 - 40 minutes until the sauce has thickened.
5. Serve with rice or wedges.

Helpful tips:

- To make it really tasty allow the chilli to develop overnight in the refrigerator. To do this ensure that the chilli is completely cooled and place it into an air tight container.
- This recipe can also be frozen. As soon as the chilli is cooled place into a suitable container that can be frozen. Make sure a label is added to show the date that this chilli is frozen.
- The chilli can be served with rice or wedges or possibly with a jacket potato.