

# Chilli Con Carne

## Ingredients (serves 4)

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300g lean minced beef (75g per person)  
1 x 400g tin chopped tomatoes  
2 teaspoons chilli powder  
1 green pepper, chopped  
1 x 200g red kidney beans, rinsed  
1 onion, chopped  
2 garlic cloves, crushed  
1 tablespoon tomato puree  
Tortilla Wraps

## Method

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1. Add mince to a saucepan over a medium heat, stirring and breaking up any lumps until brown
2. Once mince is browned, add the onion and stir for 2 minutes
3. Add garlic and chilli powder and stir for 1 minute
4. Add chopped tomatoes, green pepper, kidney beans and tomato puree
5. Turn down to a low heat and simmer for 40 minutes, stirring occasionally
6. Serve with Tortilla Wraps or brown rice (75g per person)
7. If serving with rice wash rice to remove dust and starch and boil in 350mls of water with lid on
8. Simmer until rice is soft, drain water and serve

## Tips & Hints

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- Try topping your chilli with jalapeno peppers for extra heat
- Use the chilli beef to top nachos, add sour cream and grated cheese
- This recipe can be used as a filling for fajitas or tacos
- Replace the mince with Quorn for a vegetarian option
- Use baked beans in place of kidney beans