

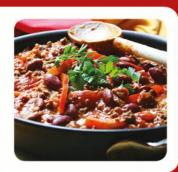




# EASY CHILLI CON CARNE

# Ingredients

- 1/2 Pack Minced Beef, Lean (2009)
- 2 Onions, Small Sized (120g)
- 2 Garlic Cloves (6g)
- 2 Tins Chopped Tomatoes (800g)
- •1 Teaspoon Chilli Powder (3g)
- •1 Red Pepper (160g)
- 5 Mushrooms, Large Sized (100g)
- •1 Tin Kidney Beans (4009)
- 1 Pinch Ground Black Pepper (1g)
- •1 Tablespoon Vegetable Oil (109)
- -1 Mug Rice (300g)



#### Method

- Peel and chop the onions, slice the mushrooms and the pepper. Finely chop or crush the peeled garlic.
- · Heat oil in a pan and add the onion.
- When the onions start to turn brown add the mince, browning it over a gentle heat, and stir continuously to stop it from sticking.
- Add the garlic, then add chopped tomatoes and chill! powder, bring the sauce to the boil then cover and lower the heat and simmer gently for 10-15 minutes. Give it a good stir from time to time.
- Meanwhile bring two mugs of water to the boil, add the rice and follow

instructions on the packet for cooking.

- While the rice is cooking add the red pepper and sliced mushrooms to the sauce and simmer for 5 minutes.
- Add the drained kidney beans and simmer for another 5 minutes.
- Add black pepper to taste and serve with rice.

## COST SAVER TIP:

Make a large batch and then freeze it for another day.

## TIP FOR KIDS:

Letting them help chop the veg can help them to eat it.

For more tips and recipes, visit EatBetterFeelBetter.co.uk