



Chilli con carne

see poster

What you need for four portions

- 400 grams lean mince
- 1 onion
- 1 clove garlic
- Mixed peppers (red and green)
- Handful mushrooms
- Tin chopped tomatoes
- 3 tablespoons tomato purée
- 1½ teaspoons chilli powder
- ¾ teaspoon ground cumin
- Approx 500 mls vegetable stock
- Tin kidney beans

- Add chilli and cumin
- Add enough stock to cover mince
- Drain and rinse red kidney beans in cold water then add to pan
- Cover with lid and cook gently (should be just bubbling slowly) for 30 minutes
- Ready to eat now or cool and store covered in fridge for later

Ideas to complete your meal

- Eat with cooked rice, jacket potatoes or some bread
- Enjoy

What you need to do

- Put mince in saucepan and cook over a medium heat
- Break up mince with a wooden spoon until all brown
- Peel and chop the onion and garlic
- Slice the peppers and mushrooms
- Add all of above to pan and stir
- Add the tinned tomatoes and tomato puree

