



Chilli con carne

Serves: 2

Time

50 minutes



Ingredients

- 100g lean beef mince
- 1 onion, peeled and finely chopped
- 1 clove garlic, peeled and finely chopped
- 400g can of chopped tomatoes
- 1 tablespoon tomato puree
- ½ teaspoon chilli powder
- ¼ teaspoon cumin
- ¼ teaspoon ground coriander
- ½ red pepper, chopped
- 100g mushrooms, washed and sliced
- 1 small can of kidney beans
- freshly ground black pepper
- 150g basmati rice, uncooked

Method

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Add the onion and garlic to the mince and cook for 2-3 minutes.
3. Add the chopped tomatoes, tomato puree, and spices, bring the sauce to the boil, then lower the heat and simmer gently for 10-15 minutes.
4. Meanwhile, cook the rice according to the packet instructions.
5. Add the red pepper and mushrooms and simmer for 5 minutes.
6. Add the drained kidney beans and simmer for another 5 minutes.
7. Add the pepper to taste and serve with boiled rice.