

* Price as of March 2015

FoodWise TLC

Chilli Con Carne

Serves: 6
Cost: *£1.30 per person
(Cheaper if using non-lean minced beef)



Ingredients

- 1 tbsp oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 red pepper, chopped into small pieces
- 1-2 tsp hot chilli powder
- 1 tsp ground cumin
- black pepper to season
- 500g mince – try to use lean mince as it has less fat
- 1x400g red kidney beans
- 2x400g chopped tomatoes
- 300g basmati rice

Method

1. In a large saucepan pour 1tbsp oil and heat gently. Then add your onion, garlic, chilli powder, and cumin. Fry gently stirring all the time until the onion is soft.
2. Next add the minced beef and fry gently for a further 5 minutes stirring and breaking up any lumps of beef.
3. Add kidney beans, chopped tomatoes and black pepper. Stir until all ingredients are well mixed, then leave to simmer and cook for 45 minutes stirring every now and then to stop it burning the bottom of the pan.
4. When the chili is getting towards being ready, bring a saucepan of water to the boil for the rice. Add the rice and cook for approx. 12minutes or until cooked.
5. Drain the rice and serve with the chili on top.