

Difficulty:

Easy



Chilli con carne

Time:

45 minutes



with rice



Allergens: celery

What is it?

A tasty mince dish cooked in a blend of subtle spices, and served with a hearty portion of rice to fill your tummy.

This meal will have you drooling at the aromas that fill your kitchen while you cook!

**AVERAGE COST
PER PERSON**

£1.83

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Beef mince	250g	375g	500g
Kidney beans	160g	200g	250g
Chopped tomatoes	220g	300g	350g
Red pepper	1	1	2
Chilli powder	1 tsp	1 tsp	1 tsp
Paprika	1 tsp	1 tsp	1 tsp
Cumin	1 tsp	1 tsp	1 tsp
Beef stock	1 tsp	2 tsp	2 tsp
Garlic	1 clove	1 clove	1 clove
Onion	1	1	1
Tomato puree	100g	150g	200g
Rice	150g	200g	250g

Kit list:

- Mixing bowl
- Rolling pin
- Frying pan

Make it your own!

You can make this dish as mild or as spicy as you prefer by changing the amount of chilli powder you add. We also recommend some tortilla chips as a side, for an extra crunch!

**Celebrate Family
Food**

Charity no.
1125784



What to do:

Step 1: Dice (chop into small squares) the pepper and the onion into squares (about the size of a small pea). Chop the garlic as finely as you can manage, until it almost becomes a paste.

Step 2: Put a saucepan on the hob and set to medium heat. Add a small splash of oil and then pour in the onion and garlic. Cook for 5 minutes, stirring so that nothing sticks to the bottom of the pan (the onion should be soft, squidgy and slightly see-through, that's when you know it's ready).

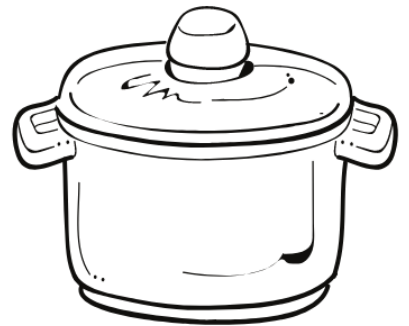
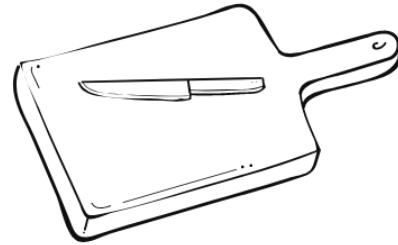
Step 3: Add the pepper, chilli powder, paprika and cumin to the pan and stir. Cook for around 5 minutes to let all of the spices unlock their lovely aromas.

Step 4: Add the mince beef and cook until it is brown all over. Lower heat and continue to cook until you cannot see any pink mince. Mix the beef stock with 100ml of hot water, then carefully add to the pan. Next, add the chopped tomatoes and tomato puree. Season it all with a pinch of salt & pepper, and give it a good stir.

Step 6: Leave to simmer for 20 mins stirring occasionally. If it looks like the mix is drying out, add a splash of water. It should look thick and juicy when done.

Step 7: Drain the kidney beans and add to the pan. Bring your chilli to the boil and then simmer again for 5 - 10 minutes. Taste and add salt and pepper if needed.

Serve: boil your rice, drain and and spoon onto a plate. Top with a scoopful of your amazing chilli and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

