

# Chilli Con Carne

Quick and easy family-friendly meal



Serves 4-5

## Ingredients

- 1 onion
- 2 cloves of garlic
- 1 pepper
- 1 tbsp oil
- 2 tsp chilli powder (add more if you prefer it hot)
- 1 tsp smoked paprika (optional)
- 500g minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- 100g sweetcorn
- 410g can kidney beans
- Rice to serve (around 60g per portion)

**If you have leftovers  
you can freeze them.  
It can be frozen for up  
to 3 months.**

## Method

1. Peel and chop the onion
2. De-seed and chop the pepper into small chunks
3. Peel and crush/finely chop the garlic
4. Heat the oil in a pan. Add the onion garlic and fry for a few minutes until soft
5. Add the mince and cook until it is no longer pink
6. Add the pepper, chilli powder and paprika (if using). Cook for a few minutes
7. Add the stock cube, chopped tomatoes and 100ml water. Bring to the boil and simmer for around 15 minutes.
8. Cook the rice according to the packet instructions
9. Drain and rinse the kidney beans and sweetcorn.
10. Add the kidney beans and sweetcorn into the mince mixture and cook for another 5 minutes. If the mixture looks dry or sticking to the pan add a little more water
11. Serve

