



Chilli Con Carne

This dish is better made in advance to allow the flavours to develop.

Serves 4

Ingredients

- 450g (1lb) lean organic beef mince
- 2 tsp coconut oil or olive oil
- 1 onion, diced
- 2 cloves of garlic, crushed
- 1 red pepper, diced
- 2 tsp ground cumin
- 1 tsp chilli powder
- 1-2 tsp crushed chilli flakes (according to taste)
- 250g (9oz) mushrooms, cleaned with a brush or wiped with kitchen towel and sliced
- 1 x 400g can of chopped tomatoes
- 3 tbsp tomato purée
- 4 tsp reduced salt vegetable bouillon powder
- 1 x 410g can of kidney beans, rinsed and drained
- Freshly ground black pepper



Directions

1. Cook the mince in a large frying pan until it starts to turn grey/brown, scooping off any fat that appears with a teaspoon. Set aside.
2. Heat the oil in a separate pan and fry onion, garlic & pepper for a few minutes.
3. Add the cumin, chilli powder and chilli flakes to the pan with the vegetables and cook for 10 minutes or so.
4. Add the mushrooms to the pan and cook for a further 5 minutes until soft.
5. Add the mince together with the chopped tomatoes, tomato purée, bouillon powder and kidney beans. Cover and simmer for 10 to 15 minutes, until the vegetables are soft and the flavours have mingled. Season with black pepper.