



DELICIOUS

## CHILLI CON CARNE

Did you know, chilli con carne was introduced to America by the “Chili Queens,” women who served food in San Antonio’s Military Plaza as early as the 1860s. There’s been lots of variations of the recipe since then! Here’s our take...

### INGREDIENTS

250g lean beef mince  
1 x medium onion  
1 x pepper (red/orange/yellow)  
2 x garlic cloves  
1 can (400g) chopped tomatoes  
1 can (400g) kidney beans (drained)  
1 packet Chilli Con Carne spice mix  
Or 1 heaped tablespoon mild chilli powder  
Squirt of tomato ketchup  
300g white long grain rice  
Vegetable oil  
Grated cheddar cheese (Optional)  
2 tbsp Sour cream / natural yoghurt  
(Optional)

### ALLERGENS

Celery (in the ketchup)  
Milk

### EQUIPMENT

Knife  
Large frying pan (or saucepan)  
Medium saucepan with lid  
Can opener  
Wooden spoon  
Chopping board



**Cost per portion: £1.17**

**Serves: 4**

**STEP ONE:** Wash the pepper then carefully slice into strips and then into small chunks.

Peel and chop the onion into small pieces. Peel and finely dice the garlic.

**STEP TWO:** Heat a drizzle of oil in a large frying pan, over a medium heat. Add the beef mince,

breaking up into small pieces as it starts to cook. Fry for around 5 mins or until the beef is brown all over.

**STEP THREE:** Add the chopped onion and chopped pepper to the pan and stir. Fry for 3-5 mins.

**STEP FOUR:** Add the spice mix (or chilli powder) and garlic and stir fry for another minute.

**STEP FIVE:** Add the tomatoes and kidney beans and stir. Add a squirt of tomato ketchup and season with salt.

**STEP SIX:** Add half a tin of water (250ml) and stir, then turn the heat down to let the chilli simmer for 20-25 mins.

**STEP SEVEN:** Add 500ml of water to your saucepan, then add the rice. Bring the water to the boil then turn down

to simmer with a lid on for 15 mins. Remove the pan from the heat and let it sit for another 10 mins in the steam.

Fluff up the rice with a fork.

**STEP EIGHT:** To serve, divide the rice between bowls/plates, and top with the chilli. If you want to, sprinkle over

some grated cheese or add a dollop of sour cream (or yoghurt) to cool down the chilli spice.



To make this recipe vegetarian, substitute beef mince for frozen Quorn mince or a can of another kind of beans or chick peas - if you use beans/chickpeas and don't add any cheese/sour cream it would be vegan!

To make this recipe allergen free leave out the tomato ketchup (or use some tomato puree instead) & don't add cheese/sour cream. To use up any leftover chilli you could make a jacket potato and put this over the top, put some in a tortilla wrap, eat on its own or put in the freezer in a plastic container or plastic food bag for up to 30 days.