

# Together We Cook

## Chilli Con Carne



Serves 2



### Ingredients

	100g brown rice
	250g minced beef
	1 clove garlic
	1 tablespoon oil



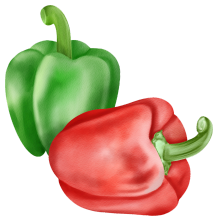
1 beef stock cube



1 x 400g can red kidney beans



1 onion



1 pepper




250ml water



1 tablespoon tomato puree



1 teaspoon chilli powder

1		Peel and crush <b>garlic</b>
2		Peel the <b>onion</b> Chop <b>onion and pepper</b> into small pieces.
3		Heat the <b>oil</b> in a saucepan over a medium heat
4		Add vegetables and minced beef to the pan Stir well and cook for 5 mins
5		Add water to pan Crumble in stock cube and stir well
6		Rinse kidney beans in a sieve with cold water Add to the pan with tomato puree and chilli powder
7		Reduce heat and simmer for 20-25 minutes
8		Half fill a pan with water and boil Add rice and simmer for 20 minutes Serve with the chilli

## Serving ideas



- Tortilla chips are delicious to dip into your chilli too.
- Sprinkle with some fresh coriander.



## Variations



1. Replace the beef with Quorn mince or a suitable mince alternative.



## Leftovers



- Chill then put in a bag or box in the fridge or freezer.
- Defrost in the fridge for 3-4 hours then reheat until very hot and stir well.

