



Chilli Recipe

It goes well with tortilla chips.

Serves 4

Ingredients

500g lean minced beef
(10% or less fat)
2 medium onions, chopped
3 garlic cloves, peeled and
finely chopped
1–2 tsp hot chilli powder
2 tsp ground cumin
2 tsp ground coriander
2 tbsp plain flour
450ml beef stock,
400g can of chopped
tomatoes
400g can of red kidney
beans, drained and rinsed
3 tbsp tomato purée
1 tsp caster sugar
1 tsp dried oregano
1 bay leaf
Flaked sea salt
Freshly ground black pepper

Method

1. Place a large non-stick saucepan over a medium heat and add the beef and onions. Cook together for 5 minutes, stirring the beef and squishing it against the sides of the pan to break up the lumps. Add the garlic, 1–2 teaspoons of chilli powder, depending on how hot you like your chilli, and the cumin and coriander. Fry together for 1–2 minutes more. Sprinkle over the flour and stir well.
2. Slowly add the stock, stirring constantly. Tip the tomatoes and kidney beans into the pan and stir in the tomato purée, caster sugar, oregano and bay leaf. Season with a pinch of salt and plenty of freshly ground black pepper.
3. Bring to a simmer on the hob, then cover loosely with a lid. Reduce the heat and leave to simmer gently for 45 minutes, stirring occasionally until the mince is tender and the sauce is thick. Adjust the seasoning to taste and serve.

