



Chilli Con Carne

Servings: 4 adults

Prep time: 10 minutes

Cooking time: 60 minutes

Ingredients

- 1 tin chopped tomatoes
- 2 tablespoons tomato puree
- 1 drained can red kidney beans
- 2 red peppers
- 150g reduced fat beef mince
- 150g lentils
- 1 1/2 tablespoon rapeseed oil
- 1 medium onion
- 1 1/2 teaspoons Worcestershire sauce
- 2 chilli pepper
- 1 tablespoon chilli pepper (hot pepper sauce optional)
- 1 teaspoon dried coriander or handful (if fresh)
- 1 teaspoon cumin (or season to your preferred taste)
- 1 beef stock cube
- 1 lime

How to make it

1. Chop the onion, peppers and chilli pepper into small bite sized pieces.
2. Heat the rapeseed oil in a saucepan over a medium heat and cook the mince until it starts to brown.
3. Add the onions, peppers, Worcestershire sauce, chilli, hot pepper sauce (optional), chopped tomatoes, tomato puree, stock cube and mix.
4. Add the cumin and the juice of the lime.
5. Cover the pan and leave to simmer on a low heat until the vegetables and mince are cooked, for roughly 20-30 minutes.
6. Stir in the kidney beans and the coriander and cook for a further 5-10 minutes.
7. Serve with brown rice, baked potatoes or wholewheat pasta.

Seasonal Swaps

Spring: carrots, mushrooms, spring onion.

Autumn: sweetcorn, baby corn, kale, garlic, celery, carrots.

Summer: mange tout, courgettes, carrot, peas, beans.

Winter: parsnip, carrot, celery.

Protein Swap

Swap the beef mince with turkey mince, or use plant-based options such as Quorn mince or pulses of your choice such as *chickpeas, cannellini beans and butter beans, along with a vegetable stock cube.

Safety First

- Be cautious when using a sharp knife to chop the vegetables.
- Make sure the chilli is on a low simmer and is not boiling so it does not spit.

About the Recipe

- You can experiment with different vegetables at different times of the year. Simply check the 'Seasonal Swaps'.
- Note: the sugars in this recipe occur naturally in the ingredients being used.

Allergy Aware

- Fish, Soya, Gluten (Worcestershire sauce) - this is not an essential ingredient, so if you do have allergies, please do not include it.
- Mustard (hot pepper sauce) - opt for chilli flakes instead.
- Celery, Gluten (stock cube) - please check packaging.

Cooking and Shopping Tips

- This recipe can be batch cooked and either refrigerated for 2-3 days or frozen for up to 3 months.
- Adding a handful of lentils during simmering, would stretch the meal further and add useful fibre to the dish.

Nutritional Analysis

The recipe	Per 100g	Per serving
Fat	2g	7.8g
of which saturates	0.3g	1.3g
Carbohydrates	6.9g	28g
of which sugars	3.2g	13g
Fibre	2.7g	11g
Protein	5.6g	22g
Salt	0.35g	1.4g

Protein Swap*	Per 100g	Per serving
Fat	1.8g	7.3g
of which saturates	0.1g	0.5g
Carbohydrates	8.2g	33g
of which sugars	3.1g	13g
Fibre	3.2g	13g
Protein	3.3g	13g
Salt	0.36g	1.5g