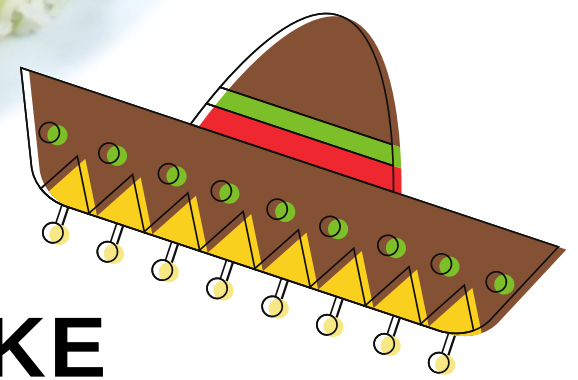




# CHILLI CON CARNE



**SERVES 4**  
**35 MINUTES TO MAKE**



## Ingredients



1 tablespoon of oil



Chilli (optional)



Mince beef (500g)



1 Onion (chopped)



Kidney Beans (400g)



Chopped Tomatoes  
(400g)



2 tablespoons of  
tomato puree

## Spices



Basil (1 teaspoon)



Oregano (1 teaspoon)



Garlic (1 teaspoon)



Paprika (1 teaspoon)



Worcester Sauce (2  
tablespoons)



Beef stock (100ml)



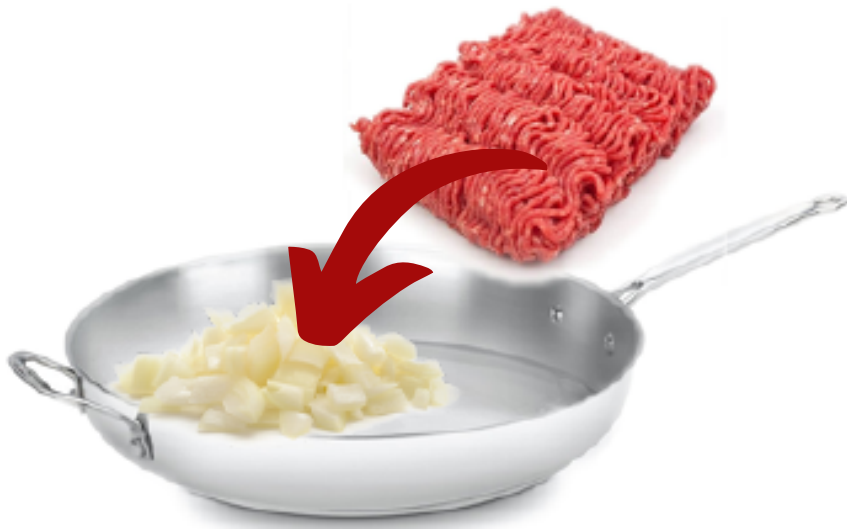


# Method



1

In a large pan, add oil and fry onion for 5 minutes until softened.



2

Add beef, break it up and fry for 5 minutes.



3

Add tomato puree, basil, stock, oregano, garlic, Worcester sauce, paprika, chopped tomato and fill the tin with water and add to the pan.



4

Add kidney beans cover and cook for 1hr.



5

Serve chilli with rice, pasta, or a baked potato.



6

Enjoy your meal!



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