



CHILLI CON CARNE

Preparation: 10 mins

Cooking: 35 mins

Serves 4, costs under £4.00

Gluten Free

This recipe counts towards your 5 a day

INGREDIENTS

- ½ Pack Minced Beef (200g) (Lean)
- 2 Onions (120g) (Small Sized)
- 2 Garlic Cloves (6g)
- 2 Tins Chopped Tomatoes (800g)
- 1 Teaspoon Chilli Powder (3g)
- 1 Red Pepper (160g)
- 5 Mushrooms (100g) (Large Sized)
- 1 Tin Kidney Beans (400g)
- 1 Pinch Ground Black Pepper (1g)
- 1 Tablespoon Vegetable Oil (10g)
- 1 Mug Rice (300g)

TIP

You can substitute minced beef for other meats such as turkey mince or vegetarian substitutes such as soya mince.

METHOD

1. Peel and chop the onions, slice the mushrooms and the pepper. Finely chop or crush the peeled garlic.
2. Heat oil in a pan and add the onion.
3. When the onions start to turn brown add the mince, browning it over a gentle heat, and stir continuously to stop it from sticking.
4. Add the garlic, then add chopped tomatoes and chilli powder, bring the sauce to the boil then cover and lower the heat and simmer gently for 10-15 minutes. Give it a good stir from time to time.
5. Meanwhile bring two mugs of water to the boil, add the rice and follow instructions on the packet for cooking.
6. While the rice is cooking add the red pepper and sliced mushrooms to the sauce and simmer for 5 minutes.
7. Add the drained kidney beans and simmer for another 5 minutes.
8. Add black pepper to taste and serve with rice.

Always check the label of each ingredient for allergy warnings

NUTRITIONAL INFORMATION

Based on a single serving of 560g

ENERGY
515 kcal
2161 kJ

FAT
11.2g

LOW

SATURATES
3.4g

LOW

SUGAR
11.2g

LOW

SALT
0.6g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

