

Chilli con Carne



Ingredients

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| 1 Onion (finely chopped) | 400g Tin Kidney Beans or Mixed Mexican Beans (drained) |
| 1 Bell Pepper (finely chopped) | 400g Tin Chopped Tomatoes |
| 500g Beef Mince | 2 tbs Tomato Puree |
| 2 Garlic Cloves (crushed) | 200ml Water |
| 1 Chilli con Carne Seasoning | |



How to make

Step 1

Add a drizzle of oil to a large frying pan on a medium heat and once hot add the onion. Cook for 5-7 mins until softened, stirring occasionally.

Step 2

Stir in the pepper. Add the mince, breaking it up with a spoon. Brown for 7-8 mins. Mix in the garlic and [Chilli con Carne Seasoning](#).

Step 3

Add the beans, chopped tomatoes, tomato puree and the water. Bring to the boil. Reduce to a simmer, stirring occasionally for 15-18 mins or until the mince is cooked through. Add a splash more water if required.

Step 4

Serve with rice.

