LET'S EAT!

CHILLI CON CARNE

45 minutes

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Allergens: celery

What is it?

A tasty mince dish cooked in a blend of subtle spices, and served with a hearty portion of rice to fill your tummy. This meal will have you drooling at the aromas that fill your kitchen while you cook!

MAKE IT FUN!

You can make this dish as mild or as spicy as you like by changing the amount of chilli powder you add. Why not try multicoloured pilau rice for a rainbow dinner!

What you'll need:

	For 2 people	3 people	4 people
Beef mince	200g	300g	400g
Kidney beans	160g	200g	250g
Chopped tomatoes	220g	300g	350g
Red pepper	1	1	2
Chilli powder	½ tsp	½ tsp	½ tsp
Paprika	1 tsp	1 tsp	1 ½ tsp
Cumin	1 tsp	1 tsp	1 ½ tsp
Beef stock	1 cube	1 cube	2 cubes
Garlic	1 clove	1 clove	2 cloves
Onion	1	1	1
Tomato puree	100g	150g	200g
Rice	200g	250g	300g

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:





Step 1:

Dice (chop into small pieces) the pepper and onion to about the size of a pea. Very finely chop the garlic (or use the zester part of a grater). Put a saucepan over a medium heat on the hob, add a small amount of oil and add your onions and garlic. Cook for around 5 minutes until soft (remember to stir).

Step 2:

Add the pepper, chilli powder, paprika and cumin to the pan and stir. Cook for around 5 minutes to let all the spices unlock their lovely aromas.





Step 3:

Add the mince and cook until it is brown all over. Lower the heat and continue to cook until there is no pink left. Mix the beef stock with 100ml hot water per person, then carefully add to the pan. Next, add the chopped tomatoes and tomato puree. Season with a pinch of salt and pepper then give it a good mix. Leave to simmer for 20 minutes. Meanwhile boil the rice in a pan of water.

Step 4:

Drain the kidney beans and add to the pan, simmer for a further 10 minutes. Drain the rice and spoon onto a plate. Top with a scoopful of your amazing chilli and enjoy!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!