

Hot, spicy and so very tasty Chilli

Serves: 2 adult

Preparation and cooking time: 50 minutes

Ingredients

- ½ tbsp oil
- 100g lean minced beef
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 400g can of chopped tomatoes
- 1 tbsp tomato puree
- ½ tsp chilli powder
- ¼ tsp cumin
- ¼ tsp coriander
- 1 red pepper, chopped
- 100g mushrooms, sliced
- 1 small can of kidney beans
- black pepper, freshly ground 150g wholegrain or brown rice, uncooked



Method

1. Brown the mince over a gentle heat, stirring to stop it from sticking.
2. Drain any excess fat from the meat, then add the onion and garlic to the mince and cook for 2 to 3 minutes.
3. Add the chopped tomatoes, tomato puree and spices.
4. Bring the sauce to the boil, then lower the heat and simmer gently for 10 to 15 minutes.
5. Meanwhile, cook the rice according to the packet instructions.
6. Add the chopped pepper and sliced mushrooms and simmer for 5 minutes.
7. Add the drained kidney beans and simmer for another 5 minutes.
8. Add the pepper to taste and serve with boiled rice.