

# Chilli Con Carne Serves 2

## Ingredients

4 t	Oil
1 small	Onion (peeled and diced)
½ t	Garlic (minced)
250 g	Lean beef mince
2 T	Sweet chilli sauce or a pinch of chilli
1 can (420g)	Baked beans
2 T	Tomato paste
½ cup	Water, red wine or beef stock
2 cup	Vegetables (finely chopped carrots, capsicums, mushrooms, courgettes)
	Salt and pepper to taste



## Method

Heat oil in a saucepan. Add onion and garlic. Cook for 2 – 3 minutes or until onion is golden.

Add mince and continue cooking until mince is browned and no longer in clumps.

Add chilli powder or chilli sauce, baked beans, tomato paste and water (or wine or beef stock). Cook over a gentle heat for 10 minutes.

Add vegetables and extra water if necessary and cook for further 10 – 20 minutes.

Check seasoning and adjust to taste.

Garnish with topping of choice (tomato salsa, sour cream, grated cheese, chopped herbs, and pita crisps).

***Serve with cooked rice or mashed potatoes.***

**Tip:** Carrots and courgettes can be grated to make it easier to cook and eat. Leave skin on to maximise nutritional content.

Leftovers can be use in potato topped pie, tortilla wrap or toastie pie filling.