



CHILLI CON CARNE

SERVES 8

INGREDIENTS:

- 100g chorizo, diced
- 1 large onion, diced
- 1 or 2 red chillies, finely chopped
- 4 cloves of garlic
- 2 tsp ground coriander
- 2 tsp ground cumin
- 2 tsp dried oregano
- 2 tsp smoked paprika
- 1 tsp cayenne pepper
- 400g 15% beef mince
- 500g 5% pork mince
- 2 red peppers, chopped
- 1 tbsp tomato puree
- 2 tins chopped tomatoes
- 2 tins of kidney beans
- 1 beef stock cube

INSTRUCTIONS:

- place a large pan over a medium heat and add the chorizo. fry until the oils have released the chorizo has browned slightly. remove from pan.
- add the onion to the pan and saute for around 5 minutes.
- add the herbs, spices, chilli and garlic and cook for another 5 minutes
- add in the mince to the pan and turn up the heat to brown the meat off for around 5 minutes.
- add in the peppers, tomato puree, tinned tomatoes and stock cube. stir well and simmer for about 30 minutes.
- Add in the kidney beans and continue to simmer for a further 30 minutes.
- season with salt and pepper.

330 cals 30g P 14g C 16g F