



Chilli con carne

You will need:

- 500g beef mince / Quorn
- 1 onion
- 2 garlic cloves
- 500ml stock
- 1 teaspoon chilli flakes
- 1 teaspoon paprika
- 2 teaspoon cumin
- 1 tablespoon passata
- 1 tablespoon tomato puree
- 1 tin kidney beans

Optional ingredients:

- Chorizo
- 1 - 2 fresh chillies
- Other vegetables

For a vegetarian or vegan version, simply leave out the meat and use vegetable stock

Top tips

- Instead of meat or Quorn, try using mixed chunky, chopped vegetables or different tinned beans
- Use fresh and / or dried chilli and adjust the spice levels to suit your taste
- If you don't like kidney beans, use other beans instead, such as baked beans
- Delicious served with rice, jacket potato or just on its own (top with sour cream, if it's too spicy!)

Allergens

- Check the stock cubes

Peel and finely dice the onion and garlic and chop the fresh chilli (if you're using any)

If you're adding additional vegetables, such as peppers, courgette or mushrooms, roughly cut them into big chunks. Equally, if you're using chorizo, remove the skin and chop into pieces

Add oil to your pan and gently fry the onion, garlic and chilli, until they're soft, then add the chorizo (if you're using chorizo, you won't need to use oil!)



Add your additional spices, such as cumin, paprika and chilli flakes and combine everything together. Add your mince / Quorn and separate using a wooden spoon

Once the mince has browned, add the tomato puree, passata and stock and stir together well. If you're using extra vegetables, add them now

Simmer until the liquid has reduced down to form a thick chilli, then add your kidney beans (or beans of choice) and heat through



Serve with brown rice or over a jacket potato, although it's just as delicious on its own or topped with some sour cream and / or grated cheese

