

Chilli Con Carne

Serves: 1

Prep time: 5 Minutes

Cooking time: 20 Minutes

Ingredients:

- ¼ brown onion, chopped
- ¼ cup chopped red capsicum
- ½ clove garlic, grated
- 2 teaspoons oil
- 1 tablespoon Taco spice mix
- pinch paprika
- pinch cayenne pepper
- pinch dried oregano
- pinch brown sugar
- 120-150g mince
- ½ teaspoon Bonox or beef stock cube
- ½ cup chopped tomatoes
- 1½ teaspoons tomato paste
- 1½ teaspoons tomato sauce
- 125g can red kidney beans
- sour cream
- chopped parsley
- Chilli powder or chilli sauce ***optional**

Method:

- Heat oil in a medium-sized saucepan over medium heat, add the garlic, onion and cook 1-2 minutes, stir until onion softens. Add capsicum and cook for a further minute
- Add Taco spice mix, paprika, cayenne pepper, cumin, dried oregano and brown sugar, stir 1-2 minutes. Add the meat, stirring to break up any lumps
- Reduce heat to a simmer then add Bonox or beef cube. Add chopped tomatoes, tomato paste and sauce, cover and cook for 15 minutes
- Drain red kidney beans and add to the meat mixture. Bring back to boil and cook uncovered for a further 5 minutes. Season to taste
- **Serve with a dollop of sour cream and chopped parsley or with salad or rice. Enjoy!**
- **Note:** Bonox is liquid beef extract and sold in supermarkets
- Add ***optional** chilli powder or chilli sauce for extra spice



This classic chilli, meat and bean dish satisfies the spicy taste buds. Enjoy!