

Recipe 4 – Chili con carne

This can be used as a batch cook recipe, made in advance the sauce can be used for other meals

Ingredients

- A) 500g Mince (5% fat)
- B) 1 Onion diced
- C) 1 tins chopped tomatoes (400g)
- D) 1 Tbsp Olive Oil
- E) 1 Tbs Tomato Puree
- F) Dry Spices
 - 1 Tbsp coriander ground
 - 1 Tbsp paprika
 - 2 Tbsp cumin ground
 - ½ tsp black pepper
 - 1 tsp salt
 - ½ tsp dried chili flakes
- G) 4 tsp Garlic paste
- H) 500ml beef stock (from stock pot or cube)
- I) Tin of Kidney beans 400g (optional)



Method

Cook Time 60 mins*

Prep Time 20 Mins*

*The quoted times are an estimated and may vary based upon your experience & chosen ingredients.

1. Set your oven to 180 C/Gas mark 4, Spread your mince on an oven tray lined with kitchen foil (if you don't have foil it just means more washing up). Cook for a total of 40mins, turning & breaking up the mince every 10mins. At the end you will have cooked off the fat and the mince should have a crumbly texture like large coffee granules.



2. During the cooking of the mince you can prepare your other ingredients & start cooking them – Open your tinned tomatoes and decant into a bowl or dish, pour some of your beef stock into the cans and swirl to clean the sides then set aside .Prepare your veg or if available use frozen veg.

3. Meanwhile pour some olive oil into a large pan or casserole cook off your onion on a high heat until soft but not coloured. This should take about 5mins. If they start to stick add some water.



4. Now add your Garlic and cook for a further 2 minutes, then lower the heat to medium.



5. Add your tomato puree and cook out for 2 mins



6. Now add your dry spices, stir in and cook for 2 minutes.



7. Then add the beef stock, tomatoes & Kidney beans if using them, bring to a simmer.



8. Then add the cooked mince & simmer gently for 15-20 mins until the sauce has thickened, if the sauce becomes too thick you can add some hot water.



9. Serve with your favourite side, Rice, Tortillas, Sour Cream, and pickled Jalapenos etc.



Hints

You can cook the mince in the pot rather than the oven, but I would recommend taking it out and draining off the fat before adding any other ingredients.

You can make this in advance, if you are freezing it its best to portion it before freezing.

It can be used with a baked potato for a lunch.