



Chilli con carne with rice

Prep: 10 minutes • Cook: 55 minutes • Serves: 4



Ingredients

1 tablespoon olive oil
125g onions, finely chopped
2 garlic cloves, crushed
100g carrots, finely chopped
1 yellow or green pepper, chopped
50g celery, finely chopped
375g extra lean beef mince (5% fat)
1 teaspoon ground cumin
½-1 teaspoon chilli powder (to taste)
1 teaspoon oregano
1 tablespoon tomato purée
400g tin of chopped tomatoes
1 low-salt beef stock cube
Black pepper (to taste)
200g green lentils or kidney beans, tinned in water (drained and rinsed)
240g basmati rice

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✗
Carbohydrate **66.4g**
Low protein ✗
Low salt ✓
Cost per portion (November 2022) **£1.54**
Energy in kcals **509**

- 1 Heat half the oil over a medium heat in a large frying pan. Add the chopped onions, crushed garlic cloves, chopped carrots and celery and cook for 5-7 minutes until they are soft, stirring as they cook. Tip the cooked vegetables out of the pan and into a bowl to set aside.
- 2 Put the same pan back on the heat and add the remaining oil. Turn up the heat and place the minced beef in to fry. Keep stirring for at least 5 minutes until the mince is brown, breaking up any lumps. As the mince cooks, tip in the cumin and chilli powder.
- 3 Fry the mixture for another couple of minutes on a medium heat so the mince is nicely coloured and the spices are releasing their flavour into the meat. Turn the heat down to low and add the tomato purée and stir through.
- 4 Then tip the cooked chopped vegetables back into the pan and stir. Add the tinned tomatoes and the dried oregano. Make the beef stock with your low-salt stock cube and 500ml boiling water. Pour the stock into the pan, bring to the boil again and simmer for another 10 minutes, seasoning with black pepper, allowing the sauce to thicken.
- 5 Bring a saucepan of water to the boil. Rinse the rice well and add to the boiling water. Cover and reduce the heat to a simmer for 20 minutes or until cooked. Once the chilli mixture has thickened, add the drained lentils or red kidney beans and cook for a further 5 to 10 minutes.
- 6 Strain the rice and then serve with the chilli.