**Chile Con Carne**

**Chilli Big Boy Batch**

* 1 tbsp of Olive Oil
* 4 Cloves of Garlic
* 1 Red Onion
* 1 Red Pepper
* 4 Round Tomatoes
* 500g of 5% Fat Minced Beef
* 1 Can of Red Kidney Beans
* 4 tsp of Cumin
* 4 tsp of Paprika
* 4 tsp of Onion Salt
* 4 tsp of Coriander Salt
* 2 tsp of Chilli Powder
* 2 tsp of Oregano
* 300ml of Water
* 300ml of Passata or Chopped Tomatoes
* 1 tbsp of Tomato Purée
* 1 tsp of Chipotle Chilli Paste
* 1 Beef Stock Cube
* 70g of 70% Cocoa Chocolate
* 2 tsp of Worcestershire Sauce
* Fresh Coriander

**Chilli for One (Or Tacos)**

* 1 tsp of Olive Oil
* 2 Cloves of Garlic
* ½ a Red Onion
* ½ a Red Pepper
* 2 Round Tomatoes (No Pulp)
* 250g of 5% Fat Minced Beef
* ½ a Can of Red Kidney Beans
* 2 tsp of Cumin
* 2 tsp of Paprika
* 2 tsp of Onion Salt
* 2 tsp of Coriander Salt
* 1 tsp of Chilli Powder
* 1 tsp of Oregano
* 150ml of Water
* 150ml of Passata or Chopped Tomatoes
* 1 tsp of Tomato Purée
* 1 tsp of Chipotle Chilli Paste
* 35g of 70% Cocoa Chocolate
* 1 tsp of Worcestershire Sauce
* Fresh Coriander