

Chilli con carne

CHILLI-CON-CARNE

4.5 Star Recipe

By Jo Pratt



Preparation Time: less than 30 mins

Cook Time: 1 to 2 hours

Ingredients

- Oil Spray
- 450g lean minced beef
- 1, finely chopped
- 3 tsp finely grated garlic
- 1 courgette, cut into 1cm or ½in pieces
- 1 aubergine, cut into 1cm or ½in pieces
- 1 red pepper, deseeded and chopped into 1cm or ½in pieces
- 2 tsp ground cumin
- 1 tsp sweet smoked paprika
- ½ tsp ground cinnamon
- 1 tsp hot chilli powder
- 400g tinned red kidney beans in chilli sauce
- 400g chopped tomato
- 4 tbsp tomato purée
- 200ml/7fl beef stock
- 200g/7oz brown basmati rice
- freshly ground salt and pepper
- 4 tbsp natural yoghurt and chopped coriander

Instructions

1. Use oil spray on large frying pan. Add the minced beef and stir-fry over a high heat for 5-6 minutes/until lightly brown.
 2. Add onion, garlic, courgette, aubergine, and red pepper to the frying pan and stir fry for another 3-4 minutes. Add cumin, paprika, cinnamon and chilli powder and stir-fry for 1-2 minutes.
 3. Add kidney beans, tomatoes, tomato purée, beef stock and season well with salt and pepper. Bring to a boil, then reduce the heat to a simmer, cover and cook for 20-25 minutes, stir occasionally.
 4. Uncover, stir and cook over a medium heat for 10 minutes.
 5. Whilst cooking, cook the rice according to the instructions on the packet.
 6. Ladle the chilli over the rice in a bowl and serve with a dollop of yoghurt and some chopped coriander.
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