



**Eat Well, Be Healthy,
Perform Better**

Chilli Con Carne (serves 1)

Double the quantities for 2 people

Preparation and cooking time: 45 mins

Ingredients

5 tbsp (50g) brown rice
Small sweet potato
125g lean beef mince
¼ tin of kidney beans
½ tin of chopped tomatoes
80g mushrooms, sliced
½ green pepper, chopped
½ large onion, chopped
1 tsp olive oil
1 garlic clove (or 1 tsp from jar)
½ tsp cumin
¼ tsp chilli powder (if liked)
1 tbsp tomato puree
1 tsp vegetable stock powder or bouillon powder

Instructions

1. Bring the rice to the boil in c 300ml of water and simmer for 25 mins or until cooked.
2. Peel and chop the sweet potato, then simmer in a separate pan for 20 minutes.
3. Fry the mince without oil in a large frying pan until it starts to turn grey/brown. Set aside.
4. Heat the oil in a flameproof casserole dish.
5. Cook the onion, garlic and pepper in the casserole dish over a low heat for 2 mins.
6. Add the cumin and chilli and cook for a further 10 mins.
7. Add the mushrooms and cook for a further 5 mins.
8. Add the mince, chopped tomatoes, tomato puree, kidney beans and stock or bouillon powder.
9. Bring to the boil, cover and simmer for 10-15 minutes until the vegetables are soft.
10. Meanwhile, mash the sweet potato with 2 tsp of olive oil.
11. Serve the chilli with the rice and mashed sweet potato.

You can cook double portions of chilli and freeze one for future use.