



MEDIUM

# WIGGLY CHILLI CON CARNE

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## METHOD

1. Roughly chop the onion, peppers, chilli and crush the garlic.
2. Add the vegetable oil to the pan and add the onions, peppers, chilli and garlic to the pan and soften.
3. Add in the beef mince and fry to seal. If there is lots of excess fat that comes from the beef. Tip out the excess into a side dish or bowl.
4. Add the spices and the tomato puree and stir in.
5. Add the chopped tomatoes and baked beans.
6. Simmer for 30(+) minutes or until the sauce has thickened. The longer you cook the chilli, the more flavoursome it will be come.

Serve with rice, couscous or use a topping with some cheesy tortillas.

## INGREDIENTS (serves 4)

1 tbsp Vegetable oil  
200g Beef mince  
1 Onion  
1 Clove garlic  
1 Chilli- deseeded  
Mixed peppers (optional)  
1 tin of Chopped tomatoes  
1 tin of Baked beans  
1 tbsp of Tomato puree  
1tsp Cinnamon  
1tsp Cayenne pepper  
1 tsp Cumin

## NUTRITION INFORMATION

	per 100g
Energy	380kJ/91kcal
Fat	4g
of which saturates	1.2g
Carbohydrate	7.2g
of which sugars	3.8g
Protein	5.5g
Salt	0.26g