



Chunky Chilli Beef

Ingredients

500g meat
1 sliced onion
1 crushed garlic clove
Teaspoon of tomato puree
2 teaspoons vegetable oil
1 tin chopped tomato
1 chopped pepper
1 tin of beans (kidney or black eyed)
1 teaspoon of chilli powder
2 teaspoons in total of either cumin, smoked paprika or cinnamon
(depends on what you have)
Optional – chopped coriander and lime wedges to serve

Method

Add the oil to a large pan and gently cook the onion and garlic until soft, remove and place on a plate. Cook the beef in small batches until browned on the outside. Return the onions and garlic to the pan along with tomato puree and spices and mix well. Add the chopped pepper and tin of tomatoes along with half the tin of water. Bring to the boil, then reduce to a simmer for 1 hour, stirring occasionally. Next add the beans and cook for a further 30 minutes. Optional top with chopped coriander and lime wedges.

Top Tip - to add more vegetable and fibre to the dish try serving with brown rice, corn on the cobb as a tasty mixed salad.