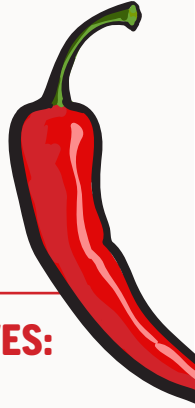


RECIPE FOR SUCCESS...

CHICKEN CHILLI CON CARNE



Chicken mince is affordable, high in protein and perfect for healthy, hearty meals.

PREP:
5 MINS

TOTAL COOKING TIME:
40 MINS

SERVES:
4

INGREDIENTS

500g chicken / vegetarian mince
2 tbsps of cooking oil
1 x tin chopped tomatoes
(or passata)
2 tbsps of tomato puree
1 tsp of garlic granules / powder
1 x tin of kidney beans
1 x large onion
1 x chicken / vegetable stock cube
250ml water
1 tsp of dried chilli flakes / powder

Optional:

1 x red pepper

METHOD

- 1 Finely chop the onion and red pepper.
- 2 Add cooking oil to a frying pan and turn on a low heat.
- 3 Add onion and red pepper to pan and sauté until softened.
- 4 Add mince and cook until golden brown / cooked all the way through. Use a wooden spoon to break up the mince as it cooks.
- 5 Add in the chopped tomatoes and crumble in the stock cube, plus 250ml of water.
- 6 Add kidney beans, tomato puree, chilli, garlic and stir.
- 7 Reduce the heat, set a timer and keep checking while it simmers for 10-15 mins.

Serve with rice, fresh bread, or potato. And remember **'Turn off the heat before you eat!'**

Please check the ingredients list if you suffer from food allergies / intolerances.

