



Chilli con carne

Serves 2

1 medium onion
1 clove garlic
1 small carrot
1 pepper
225g Beef mince
1 tin tomatoes
1 tbsp. tomato puree
½-1 Tsp. chilli powder
1 tsp. mixed herbs
1 chicken or beef stock cube
1 Tin red kidney beans
pepper to taste

1. Peel and chop the onion and garlic
2. Peel and finely chop the carrot and pepper
3. Put the mince into a pan and cook until the meat is browned all over
4. Add the onion and garlic and fry for a few minutes
5. Add the carrots and pepper and cook for a few more minutes
6. Stir in the tomatoes, tomato puree, chilli powder, herbs and stock cube and bring to the boil
7. Lower the heat and simmer gently for 15 minutes. Add a little water if it gets too dry
8. Add the kidney beans and simmer for another 10 minutes
9. Serve with rice or jacket potato