

Baked Bean Chilli Con Carne



Ingredients

- 1 tbsp oil
- 1 onion, peeled and finely chopped
- 1 garlic clove, peeled and finely chopped
- 1 red pepper, de-seeded and sliced
- 1 pot of mild spice mix (ground coriander, cumin & chilli powder)
- 500g beef mince
- 1 x 400g tin chopped tomatoes
- 1 x 415g tin baked beans
- small bunch coriander, chopped, optional
- salt & pepper, optional

Method

- Heat the oil (but not smoking) in a large non-stick frying pan or wok.
- Add the onions & garlic & cook over a low to medium heat for 4/ 5 mins. Be careful not to burn the garlic!
- Add the red pepper & continue to cook for a further 3 mins
- Chuck in your pot of spice mix & give it all a good stir ensuring you are coating the onions, garlic & peppers. If it looks a little dry, stir in a couple of tablespoons of water
- Now it is time to add your mince. Cook for a further 10 mins until the minced has browned. Make sure you are continuously moving the mixture to ensure it doesn't stick!
- Once the mince has cooked, add your baked beans & tinned tomatoes & give it a good stir.
- Fill the (now empty) tin of tomatoes with water until 3/4 full & stir that into your chilli.
- Bring to the boil (whilst stirring continuously) & then return to a low/ medium heat & allow to simmer for 20/25 mins.

*Goes great with rice, flatbreads, wraps, chips
jacket potatoes, whatever you fancy!*

Why not top with a bit of sour cream & grated cheese?