**Chilli con carne**

Quantity for 4 – 6 servings

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| Ingredients | Method |
| 500 g minced beef | Sweat onions in oil |
| 2 onions diced | Add minced beef & brown |
| 1 tbsp oil | Add tomato puree, chilli powder & garlic |
| 1 crushed garlic clove | Combine with chopped tomatoes, |
| 2 tbsps tomato puree | Simmer for 30 mins |
| 250 ml beef stock | Add kidney beans simmer for 10 mins |
| 1 tin chopped tomatoes |  |
| 1 tin kidney beans |  |
| 1 tsp mild chilli powder |  |
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\*Serve with rice