



Ronald McDonald
House Charities
Greater Western Sydney

CHILLI CON CARNE

0:10 prep | 0:40 Cook | 4 Servings | \$\$\$ - under \$6.5 per serve

Ingredients

- 1 large onion, peeled and diced
- 1 tbs olive oil
- 3 cloves garlic, peeled and minced
- 1 large red capsicum, cored and finely chopped
- 500g beef mince
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp ground coriander
- 1 1/2 tsp chilli powder, to taste
- 400g kidney beans, canned
- 400g chopped tomatoes, canned
- 1 1/4 cups beef stock

Optional extras: lime wedges, jalapenos, guacamole and rice.

Method

1. In a large frying pan on a medium high heat, drizzle the **oil** and cook the **onion, capsicum, garlic** and **spices** for 5 minutes until softened. Increase the heat to high, add the **mince**, break up with a spoon and cook for 5-7 minutes until nicely browned.
2. Pour in the **kidney beans** (including the liquid in the can) and cook for a further minute, stirring to combine.
3. Add the **chopped tomatoes** and **beef stock** and simmer for 20-25 minutes until reduced and thickened.
4. Serve with **optional extras**