



# Simple Chilli

An all season winning dish that everyone loves.  
Make it as hot as you can take it or milder for the kids



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## Allergen info

- \* Celery – stock cube

## Equipment

Knife, chopping board, saucepan, wooden spoon, colander

## Ingredients

- 2 tablespoons (tbsp.) of oil
- 1 onion chopped or grated
- 2 x grated carrot
- 1 tbsp. ground cumin
- \* 1 **stock cube** (any)
- 350g minced meat, tinned meat or meat substitute
- 400g tin kidney beans or other tinned beans or lentils
- 400g tin chopped tomatoes
- 1 x tin of sweet corn
- 70g rice per person or a jacket potato each

## Optional Extras

- 3 garlic cloves crushed or grated
- 2 tbsp paprika (can use smoked or normal)
- 1 pepper chopped
- 1 tsp. sugar
- 1 mug of black tea
- 1-2 tsp. chilli dried or fresh (to taste)

Extra Veg you can use:

- Small cubes of butternut/pumpkin squash, Grated Courgette

## Helpful Tips

- If just using veg you can add more beans
- Serve with a side salad of chopped lettuce, onion and tomatoes, add some tortilla crisps if you have them

## Method



Serves 4



1

Heat the oil in a large saucepan over a low heat and add the onion and pepper. Cook for a few minutes until slightly softened



2

Meanwhile brown the mince or meat substitute in a frying pan, and then add to the saucepan



3

Add the garlic and beans including the liquid, pour in the tomatoes and tea.



4

Add the sugar, paprika and cumin. Stir well. Season with salt and pepper, stir and bring to a simmer



5

Turn down the heat and cook for 25 minutes, stirring occasionally



6

Rinse the rice well, put in a saucepan and add water



7

Bring to the boil and then simmer until the rice is soft. Drain well



8

Serve with rice or a baked potato and add a side salad too for more veg

