

# Chilli Con Carne

Quick and easy family-friendly meal



Serves 4

## Ingredients

- 1 onion
- 2 cloves of garlic
- 1 pepper
- 1 tbsp oil
- 2 tsp chilli powder (add more if you prefer it hot)
- 1 tsp smoked paprika (optional)
- 500g minced beef
- 1 beef stock cube
- 2x 400g can chopped tomatoes
- 410g can kidney beans
- Tortilla wraps to serve
- Cheese to serve

**Top the filled wraps with homemade salsa and cheese. Bake for 15 minutes at 180 degrees for Tasty Enchiladas**

**Cut wraps into triangles, drizzle with oil and bake for 10 minutes. Top with chilli and cheese for Yummy Nachos**

## Method

1. Peel and chop the onion
2. De-seed and chop the pepper into small chunks
3. Peel and crush/finely chop the garlic
4. Heat the oil in a pan. Add the mince and cook until it is no longer pink.
5. Add the onion garlic and fry for a few minutes until soft
6. Add the pepper, chilli powder and paprika (if using). Cook for a few minutes
7. Add the stock cube, chopped tomatoes and 100ml water. Bring to the boil and simmer for around 15 minutes.
8. Drain and rinse the kidney beans
9. Add the kidney beans into the mince mixture and cook for another 5 minutes. If the mixture looks dry or sticking to the pan add a little more water
11. Heat the tortilla wraps in the microwave for 20 seconds or wrap in foil and place in the oven for 5 minutes.
12. Top the wrap with the Chilli & cheese, wrap and enjoy!

