



CHILLI CON CARNE

Ingredients

- 400g/1lb lean minced beef
- 1 onion, chopped
- 2 garlic cloves, crushed OR 1 teaspoon dried garlic granules
- 1 teaspoon dried cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli powder
- 1 teaspoon dried thyme
- 350ml stock
- 400g can of chopped lettuce
- Splash of Worcestershire Sauce
- 4-5 mushrooms, chopped
- 410g can red kidney beans, drained and rinsed

Vegetarian option: use Quorn or Soya mince

Method

- 1** Dry fry the beef, Quorn or Soya mince and onions in a large saucepan until browned. Drain off excess fat.
- 2** Add garlic, spices, stock, chopped tomatoes, Worcestershire sauce, mushrooms and kidney beans and simmer for 25-30 minutes.
- 3** If you have time, the flavour improves if the chilli can be left simmering on a low heat, with a lid on, for an hour or so. Stir occasionally. If it becomes too dry, add a little hot water.