

# Chilli Con Carne



Serves: 6

## Ingredients

- 1 tablespoon olive oil
- ½ brown onion, peeled and diced
- 1 clove garlic, crushed
- 1 celery stalk, finely diced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon chilli powder/flakes
- 200g lean beef mince
- 1 small carrot, grated
- 1 medium zucchini, grated
- 1 red capsicum, seeded and diced
- ½ green capsicum, seeded and diced
- 240g can red kidney beans, no added salt, drained and rinsed
- ½ tablespoon tomato paste, salt reduced
- 400g can chopped tomatoes
- ¼ cup water
- ½ bunch fresh coriander, chopped (optional)

## Method

1. Heat oil in a large pan over a moderate heat
2. Cook onion, garlic and celery until lightly browned
3. Add cumin powder, smoked paprika, chilli powder and lean beef mince
4. Cook for 5-7 minutes or until the mince is brown
5. Add carrot, zucchini, capsicum and kidney beans. Cook for a further 5-7 minutes
6. Add tomato paste, chopped tomatoes and water. Bring to the boil
7. Reduce the heat and cook for 20-25 minutes until the mixture thickens
8. Stir through the chopped coriander before serving.



### **HOT TIP**

Serve with steamed rice to help your muscles re-fuel with carbohydrates!