



Beef and Bean Chilli Con Carne

A quick and easy beef and kidney bean chilli served over brown rice.



30 minutes



2 servings



Beef

FROM YOUR BOX

BROWN RICE	150g
BEEF MINCE	300g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATO	1
TINNED KIDNEY BEANS	400g
TOMATO PASTE	1 sachet
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, smoked paprika

NOTES

You can serve this dish with some sour cream, yoghurt or cheese. Avocado and fresh coriander make a nice garnish!

Combine any leftover rice and chilli con carne, & wrap up in a burrito for another meal!

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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.

2. SAUTÉ THE BEEF AND VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add **beef mince** and cook, breaking down until sealed. Dice and add **onion**, **capsicum** and **tomato**. Season with **1/2 tbsp cumin** and **1/2 tbsp smoked paprika** (or as preferred) and cook until vegetables are softened.



You can use a pre-made Mexican spice mix or do a blend of ground spices. Smoked paprika ground coriander, cinnamon, cumin and cayenne pepper all work well!

3. SIMMER THE STEW

Stir in **tomato paste**. Add **kidney beans** along with water from tin. Stir to combine and simmer for 10 minutes. Season with **salt and pepper**.

4. FINISH AND SERVE

Serve **chilli con carne** with **rice**. Garnish with sliced **green chilli**.

This recipe has simplified instructions to help lower your meal cost.