



## Beef and Bean Chilli Con Carne

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



30 minutes



4 servings



Beef

## FROM YOUR BOX

BROWN RICE	300g
BEEF MINCE	600g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
TINNED KIDNEY BEANS	400g
TOMATO PASTE	2 sachets
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!

## 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 tbsp cumin** and **1 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.**