



CHILLI CON CARNE

INGREDIENTS

200g lean minced beef or quorn

2 medium onions – peeled and diced finely

1 pepper - deseeded and diced

200g mushrooms – quartered

2 cloves garlic – chopped finely

1 large can red kidney bean - drained

1 large can chopped tomatoes

2 teaspoons tomato puree

200ml water

1 reduced salt stock cube

2 teaspoons paprika

1/2 teaspoon chili powder or flakes (optional)

1/2 teaspoon cocoa powder

1 teaspoon mixed herbs

black pepper

1 teaspoon cornflour

EQUIPMENT

frying pan, sharp knife, chopping board

3 litre slow cooker, wooden spoon,

teaspoon, measuring jug, small bowl

SERVES: 4-6

PREP TIME: 20 minutes

ALLERGENS: cereals containing gluten,
milk

COOK TIME: 3.5 hours HIGH

6 hours LOW

METHOD

- 1 Heat the non-stick frying pan and carefully add the minced beef or quorn. Cook on a medium to high heat for 2-3 minutes until browned on the outside, then transfer to the slow cooker.
- 2 Prepare the vegetables and add to the slow cooker, then add the beans, tomatoes, puree, water, stock cube, paprika, chilli (if using), cocoa powder, herbs and pepper.
- 3 In a small bowl, mix the cornflour and with 2 teaspoons of cold water and make a runny paste (this will help to thicken the sauce), then pour into the slow cooker and mix everything together and put on the lid.
- 4 Switch the slow cooker to HIGH and cook for 3.5 hours until the sauce has thickened and the meat and vegetables are cooked.
- 5 Serve the Chilli with wholemeal rice and a dollop of crème fraiche on top.

TOP TIPS!

- When slow cooking, try not to lift the lid of the slow cooker too often, as this will increase the overall cooking time.
- This dish can be frozen – why not make a large batch, portion out and freeze for a later date!
- If you don't have a slow cooker, just place all of the ingredients in a large saucepan, bring to the boil then simmer on a low heat for 50 minutes until everything is cooked and the sauce has thickened.



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