

## Chilli Con Carne CS Style



2 Serves

10 Mins Preparation  
55 Mins Cooking

### INGREDIENTS

- 200g brown onion
- 4 clove garlic
- 100g carrot
- 150g celery
- 150g red capsicum
- rice bran oil (1½ tbs)
- chilli powder (½ tsp)
- ground cumin (1 tsp)
- smoked paprika (1 tsp)
- cinnamon powder (1 tsp)
- salt and pepper
- 650g lean beef mince
- 270g tinned kidney beans
- 400g tinned tomatoes
- 200ml water
- balsamic vinegar (2 tbs)
- 1 Mountain Bread wrap

### METHOD

- Step One** Peel and finely chop the onions, garlic, carrots and celery. Halve the capsicums, remove the stalks and seeds and roughly chop.
- Step Two** Place your largest casserole type pan over a medium high heat. Add oil and chopped vegetables. Add the chilli powder, cumin, smoked paprika and cinnamon with a good pinch of salt and pepper. Stir every 30 seconds for around 7 minutes until softened and lightly coloured.
- Step Three** Add the minced beef, breaking any larger chunks up with a wooden spoon. Add the drained kidney beans, tinned tomatoes and water. Add the balsamic vinegar and season with a good pinch of salt and pepper. Bring to the boil and turn the heat down to a simmer with a lid for 40 minutes stirring occasionally to stop it catching.
- Step Four** To serve divide into four equal portions and top with parsley and some mountain bread to mop up juices.

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This sample recipe has been designed for an average size person.

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