

## **Chilli Con Carne**

Serves 4-6

### **Ingredients:**

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 green pepper, chopped
- 1 clove of garlic, crushed
- 1 tbsp hot chilli powder (to taste)
- A few dashes of Lea & Perrins Worcestershire sauce
- 450g lean minced beef
- 1 can chopped tomatoes
- 4 tbsp Heinz Tomato Ketchup
- 4 tbsp tomato puree
- 1 can red kidney beans, drained and rinsed
- 4 tbsp soured cream

### **Method:**

- 1) Heat oil in a frying pan over medium heat.
- 2) Add the onion and green pepper and cook for 5 minutes. Stir in the garlic and chilli powder.
- 3) Add a few dashes of Lea & Perrins to taste and stir well.
- 4) Sauté for 1 minute. Crumble in the meat and brown well. Stir in the chopped tomatoes, Heinz Tomato Ketchup, tomato puree and all but ¼ of the beans.
- 5) Mash remaining beans and stir into the meat mixture. Simmer, uncovered, for 30 minutes.
- 6) Garnish with soured cream. Serve with rice.

**Prep Time: 10 mins**

**Cooking Time: 30 mins**