





Chilli con carne Serves 6

1 medium onion 100g mushrooms (optional) 1 clove garlic 1 x 15ml spoon vegetable oil 200g lean minced beef 50g red lentils 1 x 5ml spoon chilli powder OR chilli flakes

- 1 x 400g can chopped tomatoes
- 1 tablespoon tomato puree 100ml beef stock
- 1 x 400g can red kidney beans
- 1. Put red lentils on to cook, as per packet instructions.
- 2. Peel and finely chop the onion.
- 3. Wipe the mushrooms with a cloth to remove any dirt and chop finely.
- 4. Peel and crush the garlic.
- 5. Heat the oil in the saucepan over a medium heat.
- 6. Add the onion and cook gently until it softens (about 2–3 minutes).
- 7. Add the minced beef and garlic and stir until the meat has browned. This will take about 5 minutes.
- 8. Add the mushrooms, if using, and stir for 2 minutes.
- 9. Add the chilli powder or flakes.
- 10. Open the can of tomatoes and stir them into the saucepan.
- 11. Add the tomato puree, beef stock and drained red lentils.
- 12. Simmer the chilli until it is less runny (about 15–20 minutes).
- 13. Open the kidney beans and drain away the liquid. Add the kidney beans to the saucepan.
- 14. Simmer for a further 5 minutes.

Something to try next time

You could transfer this to a casserole dish when the lentils have been added and cook in the oven at 180°C/160°C fan or gas mark 4 for 45 minutes, Adding the kidney beans 5 minutes before the end.