

# Chilli and rice

Makes 4 servings



The basis of Mexican cooking, the kidney beans make this dish a valuable source of fibre.

## Ingredients (allergens in bold>)

- 200g lean minced beef or plant-based alternative
- 1 medium onion – peeled and finely chopped
- 1 red pepper – de-seeded and diced
- 2 garlic cloves – peeled and crushed
- 1 teaspoon chilli powder
- 1 x 400g can chopped tomatoes
- 1 x 400g can red kidney beans – rinsed and drained
- 3 tablespoons tomato purée
- ground black pepper
- 200g long grain rice

## Method

1. Put the meat, onion, pepper and garlic into a large pan and cook over a medium heat. Stir for about 5 minutes, or until the meat is no longer pink.
2. Add the chilli powder, tomatoes, tomato purée and pepper. Bring the mixture to the boil, reduce the heat and simmer for 25 minutes. Add the kidney beans.
3. Cook the rice according to the packet instructions or, if using basmati rice, place the rice in a pan. Add sufficient cold water to cover the rice, plus 1 - 2cm water. Bring the rice and water to a fast boil. Put the pan lid on and leave the pan undisturbed, for 15 minutes. Then test a grain of rice - if it is tender and the water has been absorbed, the rice is cooked.
4. Place the cooked rice on a plate and spoon the chilli sauce over it.



## Equipment

- large saucepan
- sharp knife
- chopping board
- garlic crusher
- can opener
- wooden spoon
- teaspoon
- tablespoon
- large saucepan with lid
- colander / sieve

## Recipe notes and tips

- Choose chilli powder according to your taste – mild to very hot!!!
- The chilli is also good as a filling for jacket potatoes.
- A great recipe to cook in bulk for community events.