

Simple. Recipes

Serves **4** Chilli Con Carne

Ingredients

2 tsp rapeseed/olive oil	2 onions, chopped
1 garlic clove chopped	200g extra lean beef mince
2 peppers, chopped	200g mushrooms, sliced
2 tsp Coriander powder	2 tsp Cumin powder
½-1 tsp chilli powder	2 Tbsp tomato puree
2 x400g tins tomatoes	2 x400g tins kidney beans mixed beans), drained
150g wholegrain rice	

Method

- 1 Heat the oil in a large saucepan and gently cook the onions for 5 minutes until they start to soften. Add the garlic and peppers and cook for another 1-2 minutes.
- 2 Remove the vegetables and add the mince, cooking on high for 5-8 minutes, until browned. Break up any clumps with a spoon as it cooks.

TIP: You can reduce the meat content by adding more vegetables, such as courgettes

- 3 Add the vegetables back into the pan along with the spices (cumin, coriander and chilli powder) and tomato puree and fry gently for 1 minute.
- 4 Add the tomatoes, beans and mushrooms and simmer and simmer for 15-30 minutes until sauce has thickened and the mince is cooked, season to taste with black pepper.

TIP: If you have a slow cooker, this would be a great time to use it! Just place everything in at this point and leave to cook. Dinner can be ready when you get home from work!

- 5 Cook the rice as per the packet instructions and serve with salad or green vegetables. You could add a spoon of natural yoghurt on top to help cool it down if wanted!

TIP: You can make the chilli in advance or make double the quantity and freeze in batches. Just remember to thaw it fully and make sure it's steaming hot before serving.

Simple. Recipes

Serves **4** Guacamole

Ingredients

Avocado (100g flesh approx.)
Tomatoes, chopped
Juice of one lime
Small handful of fresh coriander, chopped (optional)

Method

- 1 Peel and squash the avocado until smooth (this is easiest with a fork).
- 2 Mix through the other ingredients and season with black pepper to taste.
- 3 Serve with the bean chilli or great just as a dip with veg sticks, or on toast with an egg for lunch.