

# Beef Chilli Con Carne



Serves: 8 (Approx 290g)



Prep Time: 60min



Difficulty: Medium

This version of the popular dish includes many hidden vegetables, a great way to sneak in extra fibre and nutrition! Serve alongside some cooked rice or whole wheat tortillas for a balanced and wholesome meal.



## Ingredients

- 2 tablespoons olive oil
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 2 celery stalks, finely diced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- ½ teaspoon chilli powder
- 400g lean beef mince
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1 red capsicum, seeded and diced
- 1 green capsicum, seeded and diced
- 200g red kidney beans, drained and rinsed
- 400g tin chopped tomatoes
- 1 tablespoon tomato paste, salt reduced.
- ½ cup water
- ½ bunch fresh coriander, chopped (optional)

## Method

1. Heat oil in a large pan over a moderate heat.
2. Cook onion, garlic and celery until lightly browned.
3. Add cumin, smoked paprika, chilli powder and lean beef mince.
4. Cook for 5-7 minutes or until the mince is brown.
5. Add carrot, zucchini, capsicum and kidney beans. Cook for a further 5-7 minutes.
6. Add tomato paste, chopped tomatoes and water. Bring to the boil.
7. Reduce the heat and cook for 20-25 minutes until the mixture thickens.
8. Stir through the chopped coriander before serving.