



SLOW-COOKED CHILLI CON CARNE

 **Prep: 25 minutes**

 **Cook: 2½ hours**

 **Serves: 4**

INGREDIENTS:

- 1 tbsp oil
- 400g pack diced braising steak
- 1 onion, roughly chopped (180g)
- 1 red pepper, cut into chunks (180g)
- 1 tsp hot chilli powder
- 1 tsp ground coriander
- ½ tsp ground cumin
- 1 tsp LoSalt
- 400g can chopped tomatoes
- 400g can kidney beans, drained and rinsed

METHOD:

1. Preheat the oven to 180°C, gas mark 4.
2. Heat the oil in a large frying pan and fry the steak and onion for 3 minutes, add the pepper and cook for a further 2-3 minutes. Stir in all the spices and LoSalt, then add the chopped tomatoes, 200ml water and the kidney beans.
3. Bring to the boil and transfer to a casserole dish, cover and bake for 2½ hours or until the steak is tender. Serve with freshly cooked rice and soured cream.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using black beans to replace the kidney beans or serve spooned over jacket potatoes.