



Chilli Con Carne (serves 4)

- 1 large onion
- 1 Red pepper
- 2 cloves garlic
- 1tbspn olive oil
- 1tbspn mild/ hot chilli powder
- 1tsp Paprika
- 1tsp ground cumin
- 500g lean minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- 1/2 tsp dried marjoram
- 1 tsp sugar (for authenticity you can add 1 square dark chocolate when you add the kidney beans instead)
- 2 tbsp tomato puree
- 410g can red kidney beans



How to Make

Put a pan onto the heat and add the oil and leave until hot. Meanwhile chop the onion, pepper and garlic. Add the onion to the hot oil and cook until soft, about 5 mins then add in the garlic and red pepper, chilli powder, paprika and ground cumin. Stir to combine and cook for 5 mins.

Brown the mince then turn up the heat and add to the pan. Stir while the mince combines with the spices breaking down any lumps with your spoon for at least 5 mins.

Mix the stock cube with 300ml of boiling water and add to the mince mixture. Then tip in the tinned tomatoes, marjoram, sugar, tomato puree and some salt and pepper and give everything a good stir, pop a lid on the pan and simmer for a good 20 mins.

Drain and rinse the kidney beans and stir into the chilli, bring back to the boil then simmer without the lid for another 10 mins, add some water if the mixture is too dry.

Taste and adjust the seasoning as necessary then turn off the heat, pop the lid back on and leave for about 10 mins for the flavours to develop.

Pour into your food flask ready for transport. Take some grated cheese and a packet of nachos with you. Pour chilli over the nachos and sprinkle with the grated cheese. Enjoy!



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