

## Chilli Con Carne and Rice



Can serve up to 6 but if you've got a family with a big appetite, serves 4

Prep time – 10 minutes

Cooking time – 25 minutes

### Ingredients:

1 tablespoon of cooking oil

1 pack of minced beef

1 onion

1 clove of garlic (you could substitute with 1 teaspoon of garlic granules)

2 carrots

1 400g can chopped tomatoes (if using plum tomatoes, you can break them up in the pan, using the back of the wooden spoon)

1 teaspoon of chilli powder (more if you like it hot)

1 400g can drained kidney beans

1 stock cube (beef, chicken, or vegetable - check pack for allergens. Leave out and just add the equivalent water if an issue)

1 mug of boiling water (to dissolve the stock cube)

½ mug of rice per person

Optional – grated cheese

**Method:**

Watch the video [here](#)

Step 1 - heat the oil in a pan and brown the mince. Keep stirring and prodding for at least 5 minutes, until all the mince is in uniform, mince-sized lumps and there are no more pink bits

Step 2 - peel and chop the onion, garlic, and carrot and add to the pan

Step 3 - add the tomatoes, chilli powder, and kidney beans to the pan

Step 4 - if using stock, make according to the instructions and add to the pan. If you don't have any stock, just add a mug of boiling water to the pan. Stir well

Step 5 - bring the whole thing to the boil, give it a good stir, and put a lid on the pan, if you have one. Turn down the heat until it is gently bubbling and leave it for 25 minutes and cooked through

Step 6 - in the second pan, add the rice with double the quantity of water. Bring to the boil and reduce the heat and simmer until all the water has gone. This should take around 10 minutes

**To serve:**

Remove the chilli and the rice from the pan and serve

If you have any, sprinkle over grated cheese

**This recipe can be easily adapted:**

You can use fresh mince, or you could use a tin of mince or corned beef instead

Want to go veggie? Leave out the minced meat and add extra vegetables, fresh, tinned (just drain), or frozen or add an extra can of drained beans, e.g., black beans or baked beans (just rinse off the sauce), or whatever you have

Turn it into Spaghetti Bolognese - swap the chilli powder for dried herbs such as basil or mixed herbs or leave them out if you don't have any and serve with spaghetti or whatever dried pasta you have in your cupboard

Give it a go 😊



**Only have a microwave?**

**Equipment:**

As before but you will need to substitute the saucepans with 2 large microwave-safe bowls and cling film

**Method:**

Step 1 - Put the minced beef into a large microwave-safe bowl and add the onion and garlic. Mix using a fork until the meat is thoroughly broken up.

Step 2 - Cover with a microwaveable lid or cling film, leaving a small area open to allow steam to escape.

Step 3 - Cook in the microwave on full power for five minutes. Remove from the microwave. Peel back the cling film and stir well with the fork, breaking up any clumps of meat.

Step 4 - Add the carrots, stock or water, chilli powder, tomatoes and beans to the meat and stir well.

Step 5 - Re-cover in the same way and cook on full power for five minutes. Remove the bowl and stir well.

Step 6 - Re-cover, return to the microwave and cook on full power for 10 minutes. Remove halfway through and stir well. Leave to stand while you cook the rice.

Step 7 - To cook the rice, boil the kettle. Put the rice into another large microwave-safe bowl. Fill the same mug with twice the amount of boiling water and pour over the rice. Stir once, cover with cling film, leaving a small area open to allow steam to escape and put into the microwave.

Step 8 - Microwave on full power for 10 minutes.

Step 9 - Remove the rice and stir. Return it to the microwave on full power for another minute.

Step 10 - Remove the rice and leave to stand for 1–2 minutes and then taste to check it is cooked. If it needs slightly more cooking add a small amount of water and cook for another two minutes.

