



BEEF CHILLI



MINUTES TO PREPARE
20



TIME TO COOK
1 hour 30 mins



SERVES
4-6

INGREDIENTS

1 *tablespoon rapeseed oil*
750g *beef mince, 5% fat*
1 *onion, peeled and diced*
1 *red pepper, seeded and diced*
3 *cloves garlic, peeled and crushed*
1 *teaspoon smoked paprika*
1 *teaspoon ground coriander*
1 *teaspoon cinnamon*
1/2 *teaspoon ground ginger*
1/2 *teaspoon ground cumin*
1 *teaspoon cocoa powder*
1 *tablespoon tomato paste*
400g *tin tomatoes*
400g *tin red kidney beans, drained and rinsed*
400ml *beef stock*
1 *teaspoon Worcestershire sauce*
1 *teaspoon dark soy sauce*
A *pinch Maldon sea salt*
Good *grind of black pepper*
1 *bay leaf*

LET'S GET COOKING

- 1 Preheat the oven to 140/275/gas 1.
- 2 Heat the rapeseed oil over a high heat in a heavy based saucepan or casserole dish. Add the mince and brown. Add the onion and cook for 5 minutes, stirring occasionally. Turn the heat to medium and add the red pepper and garlic. Cook for 2 minutes before adding all of the spices. Cook for a further 2 minutes, stirring continuously so they don't burn.
- 3 Then add the tomato paste, cocoa powder, Worcestershire sauce and soy sauce and cook for 30 seconds, and give it all a good stir. Finally add the tinned tomatoes, kidney beans, stock, salt and pepper and bay leaf.
- 4 Turn up to full heat to make sure it has reached temperature. Once simmering, turn the heat right down so that it's releasing a bubble every few seconds. Give it a good stir to stop it from catching, pop the lid on and cook in the oven for 1 hour and 30 minutes.
- 5 Serve with brown rice or corn tortillas, homemade guacamole, Greek yoghurt and grated cheddar cheese.

"Who knew the nutritional power behind such a crowd-pleaser... Peppers are in the top 15 list for foods naturally high in Vitamin A; beef mince helps to protect your immune system and heart; tomatoes protect the prostate; kidney beans are also a great source for fibre which keeps our gut healthy and prevents diseases such as diabetes, heart disease and cancer. Mix in a homemade guacamole high in vegetables and calcium in cheese and Greek yoghurt - it's a great all-rounder."