

Chili Con Carne

Ingredients

- 400g mince
- 1 onion chopped
- 1 carrot grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp tomato paste
- 1 tin crushed tomatoes
- 1 cup beef stock
- 1 can chilli beans



Directions

- 1) Heat a dash of oil in frypan and brown mince and onion. Let this cook for a while until you see the mince start to go a dark brown and the mince juice (fatty liquid) has evaporated.
- 2) Add cumin, coriander and tomato paste and tinned tomatoes. Stir and cook for 1 minute.
- 3) Add stock, chilli beans and grated carrot. Stir, cover and simmer for 15 minutes until the mince is cooked.
- 4) Serve with brown rice and a green salad on the side.

More recipes can be found on: www.sportwellington.org.nz