



CHILLI CON CARNE

ON RICE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

Chilli con carne is such a popular meal - I thought it was about time it featured in one of the weekly menus! Serve on rice and load up with all the toppings.



CHILLI CON CARNE

- 1 large carrot
- 1 brown onion
- 2 cloves garlic
- 1 tsp olive oil
- 500g prime beef mince (1lb 2oz)
- 2 beef stock cubes
- 2 tsp ground cumin
- 2 tsp dried oregano
- 2 tsp paprika
- 1 tsp garlic powder
- 2 Tbsp tomato paste
- 400g canned Mexican style crushed tomatoes (14oz)

- 400g canned chilli beans (14oz)
- 2/3 cup water (160ml)
- 1 tsp brown sugar

TO SERVE

- 1 avocado
- Large handful fresh coriander *optional*
- 2 x 250g microwave pouches brown rice (2 x 8.8oz)
- 1 cup grated Colby cheese (100g)
- 1/2 cup plain, unsweetened yoghurt (125ml)

1. COOK CHILLI CON CARNE

Grate carrot, finely dice onion and crush garlic. Heat oil in a large pot on medium-high. Add onion and garlic and cook for 2 minutes, until onion is starting to soften. Add mince and cook, breaking up with a wooden spoon, until browned all over.

2. Stir in grated carrot, crumbled stock cubes, cumin, oregano, paprika and garlic powder. Cook for 1 minute. Stir in tomato paste, canned tomatoes, chilli beans, water and sugar. Reduce heat to medium and simmer, stirring occasionally, for 10 minutes, until thickened slightly.

3. PREPARE SERVING INGREDIENTS

Meanwhile, dice avocado. Roughly chop coriander, if using. Microwave rice according to instructions on the packet.

4. SERVE

Divide rice between warmed serving bowls. Top with chilli con carne, grated cheese, avocado and a generous dollop of yoghurt. Sprinkle coriander over the top, if using.



WINE MATCH: Try a Syrah or a fruity Malbec.

CHILLI CON CARNE RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free stock cubes (check the strength, you may only need to use one). Choose gluten-free chilli beans or replace with plain canned red kidney beans or black beans (drained).

INGREDIENT SWAPS / NOTES: If you can't find canned Mexican flavoured tomatoes, replace with regular canned crushed tomatoes. Choose mild, medium or hot chilli beans depending on your preferred level of spice. Sour cream can be used instead of yoghurt.

STORING AND REHEATING: Store individual portions of rice, chilli con carne and cheese in the fridge. Reheat in the microwave and add avocado, yoghurt and coriander just before serving.