

Chilli Beef

Serves 4 so it's perfect for lunches and dinners over 2 days

Ingredients

- 1 lb of lean mince
- 2 onions
- 1 clove of garlic
- 2 tins of chopped tomatoes
- 500mls of beef stock
- 1 Tin of kidney beans
- 1 Tin of chickpeas
- 1 tbsp of plain flour
- 4 tsp of chili powder
- 2 tsp of cumin
- 1 tsp of oregano
- **Optional Extra:** 80g(cooked Weight) basmati rice



Cooking Instructions

- 1) Sauté onions and garlic on a low heat for 5 -10mins then turn up heat and add mince
- 2) When mince is browned add chilli powder, cumin, oregano and flour
- 3) Add tin of chopped tomato and then gradually add beef stock (don't add it all if it's too watery – leave lid off so that some fo the water reduces if it does get too watery)
- 4) Stew for 40mins (lid on, stir occasionally)
- 5) **OPTIONAL:** Serve With 80g Cooked weight Basmati Rice