



#E-LIFE HACKS

CHILLI RECIPE

Serves 4

Ingredients

2 tablespoons of vegetable oil
500g of beef mince
1 medium onion
2 - 3 garlic cloves
1 tin of chopped tomatoes

Version 1

1 packet of chilli mix

Version 2

1-2 teaspoons chilli powder
2 teaspoons ground cumin
2 teaspoons ground coriander

Directions

1. Finely chop the onion and garlic.
2. Fry the mince and the onions in the oil over a medium heat for 5 minutes.
3. Add the garlic.
4. Add your spices or chilli packet mix.
5. Fry for a further few minutes until the mince is cooked through.
6. Add the tomatoes and lower the heat.
7. Simmer for at least 15 minutes (but longer if you have time)
8. Serve with a jacket potato or rice or inside wraps or tacos.



Top Tip: If your chilli is looking a little thick or sticking to the pan, add a little bit of water.

Top Tip: Add vegetables such as finely chopped peppers or sliced mushrooms to your chilli to help you get one of your five a day!

Top Tip: Chilli is great for freezing and keeping for later or put leftovers in the fridge and eat for lunch the next day.