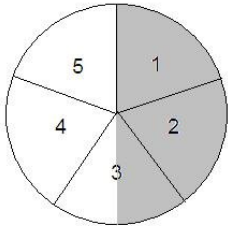



# Chilli

Serves 4

Portions of fruit & vegetables per serving: 2½



Hob needed



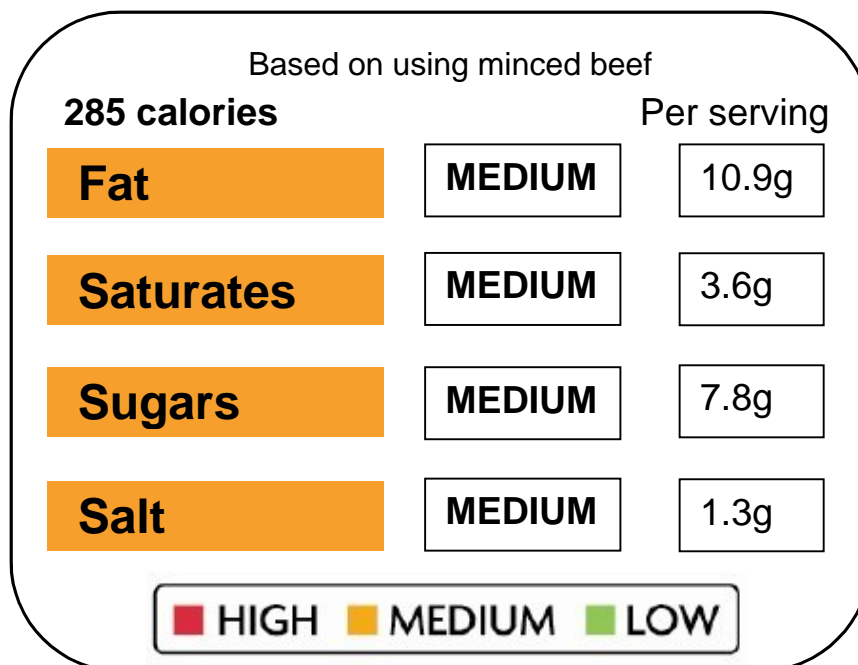
Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 medium	finely chopped
garlic	1-2 cloves	crushed
lean minced beef or Quorn	300g (11oz)	
chilli powder	½ teaspoon	
kidney beans or baked beans	1 can (400g/ 14oz)	drained & washed
canned chopped tomatoes	1 can (400g/ 14oz)	
fresh or frozen sweet peppers	1 pepper or 3 handfuls if frozen	sliced
fresh or frozen mushrooms	10 mushrooms or 3 handfuls if frozen	chopped
balsamic vinegar (optional)	1 tablespoon	
black pepper	to taste	

**Please Turn Over**



## Method

- 1 In a large saucepan heat the oil then add the onion and garlic and fry until the onion is soft.
- 2 Add the mince and gently fry until it is lightly browned and then drain off any fat.
- 3 Add the chilli powder and fry with the meat and onions for a minute.
- 4 Add all the other ingredients to the pan and stir together.
- 5 Bring to the boil then reduce the heat and leave to simmer for about 20-25 minutes.
- 6 Serve.



## Handy Hints

- Using Quorn gives 'GREEN' for Fat, Saturates and Sugars.
- Serve with rice, baked potatoes, or tortilla wraps.
- Use chilli powder sparingly as the chilli can be very hot. You could chop up real chillies for an extra kick, but use carefully!
- Kidney beans are a good source of iron and protein and count towards your 5-a-day.
- Try adding more beans and less meat for a lower fat dish.

