


Chilli Con Carne

 **Calories: 377**  **Carbs: 37**  **Protein: 33**  **Fat: 6**

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 1 HR

Ingredients

- 400 g 5% fat minced beef
- 1 onion diced
- 2 peppers deseeded and diced
- 1 - 2 tsp chilli powder you can add more or less depending on how hot you like it
- 2 cloves garlic crushed
- 1 fresh chillies deseeded and diced
- 6 mushrooms sliced
- 1 courgette diced
- 3 carrots diced
- 2 tins chopped tomatoes
- 2 beef stock cubes made up with 200ml boiling water
- 2 tsp Italian mixed herbs
- 2 tbsp tomato puree
- 1 tin kidney beans
- 2 tbsp Worcestershire sauce
- 1 dash Hot Sauce
- 1 beef stock pot
- low calorie cooking spray

Directions

- Spray a decent sized pan with some low calorie cooking spray, then sauté the onions, garlic, chopped chilli, carrots and peppers over a medium to high heat.
- When the veg starts to soften add the mince and cook until it starts to brown.
- Stir in the chilli powder, Worcestershire sauce, Italian herbs and cook for another minute or so.
- Add the tomato puree and chopped tomatoes, stir well.
- Pour in the stock (made up with the 2 stock cubes and 200ml of boiling water).
- Throw in the remaining veg and stir.
- Bring to the boil, then turn down the heat, cover and allow to simmer for 45 minutes, stirring occasionally.
- After 45 minutes add the drained kidney beans and stir in the stock pot and a dash of hot sauce to taste. Allow to simmer for another 10 - 15 minutes. Then serve.