

DINNER

BEEF AND BEAN CHILI



SHOPPING LIST:

- 500g 5% fat lean beef mince (or veggie mince alternative)
- Chickpeas (or alternative beans)
- 1tbsp. olive oil
- Tin of chopped tomatoes
- 1 tin of kidney beans.
- 1tsp. Worcestershire sauce
- 1tsp. paprika
- 1tsp. chili powder (optional).
- 1 tsp. cayenne pepper (optional).
- 1tsp. ground coriander.
- 1 red onion
- 3-4 garlic cloves
- 1 red pepper
- 3-4 handfuls rice

COSTINGS: *£4.74 per portion

NUTRITIONAL INFORMATION:

Calories: 396 |
 Carbohydrates: 21g |
 Protein: 48g | Fat: 12g |
 Saturated Fat: 3.5g | Salt: 0.5g |
 Fibre: 8.7g | Sugar: 6.4g
 Beef is a good source of iron, protein, zinc, and selenium. Chickpeas are a good source of fibre, and b-vitamins. Rice adds phosphorus and carbohydrates.

Preparation time:	Cook time:	Servings:
20 mins	1 hour	4

DIRECTIONS:

1. Measure and weight out your ingredients. *Adapt recipe with different veggies or beans!	2. Cut your onion, pepper, and garlic. Get mince out of fridge and put to one side.	3. Heat up some oil in your saucepan, adding in onion and garlic. Fry lightly until slightly browned.
4. Add in your pepper and mince. Fry until mince is brown.	5. Add in your spices, kidney beans and chickpeas. Stir.	6. Add in your tomatoes and Worcestershire sauce. Stir.
7. Allow to cook together for 40 minutes, stir regularly.	8. Boil rice 20 minutes prior to eating. Add in enough, cover with water, and a lid.	9. Rice should be soft and fluffy. When ready to serve, plate up and enjoy.