



If you want something which has a bit of heat a quick Chilli is always good. Served with boiled Rice, salted Nachos or in Jacket Potatoes.

Ingredients:-

500g of Mince (Pork and Beef mince is cheaper than Beef)
1 Onion sliced
2 Cloves of Garlic grated
1 tin of chopped Tomatoes
1 tin of Baked Beans
1 tin of Kidney Beans
½ a tube of Tomato Purée
2 teaspoons of Chilli powder
2 whole Chillies chopped (Deseed if you prefer it mild)
Salt and Pepper

Method:-

- (1) Fry the Mince.
- (2) Add the Onions, Garlic and Chilli powder, Salt & Pepper to taste and stir well.
- (3) Add the tin of Tomatoes & Baked Beans then allow to simmer.
- (4) Add the Tomato Purée.
- (5) Add the Chillies.
- (6) Wash and drain the Kidney Bean and add. Simmer on a low heat.

Serve with boiled Rice, salted Nachos or in Jacket Potatoes. Sprinkle with grated Cheese if you wish.