

Chilli Con Carne



INGREDIENTS

- 450g minced beef
- 2 teaspoons cumin/2 teaspoons chilli powder/pinch of oregano
- Salt, pepper, 1 clove garlic
- 1 tablespoon flour
- 450g can of tomatoes or passata
- 450g red kidney beans

Method

1. Dry fry the meat, breaking it up as it cooks.
2. Sprinkle on the cumin, chilli powder, oregano, salt, pepper, crushed garlic and flour.
3. Stir frequently for 3 minutes.
4. Add the tomatoes/passata and simmer for 20 minutes.
5. Drain the kidney beans and add to the meat. Heat through for 5 minutes.