

1. Put mince, onions and garlic in a bowl, cover and cook for 8 minutes, stirring half way through cooking.

2. Add other ingredients and stir well.

Cover and cook for 10 minutes, stirring at regular intervals.

3. Serve with rice or in wraps.

225gm lean minced beef or turkey

1 medium onion, chopped

2 garlic cloves, crushed

1 red pepper, diced

100g mushrooms, diced

400gm can chopped tomatoes

400gm can red kidney beans

2 tbsp tomato puree

½ tsp dried or fresh chilli

**Main Meal****'What's Cooking!' Recipe Card****CHILLI CON-CARNE**

**FOOD FACT:**  
Kidney beans are excellent  
for fibre, potassium and zinc.

**Preparation time**     **10mins**

**Cooking time**         **18mins**

Serves 4-6