

Slow Cooked Chilli Con Carne



To serve

Serves:

6 - 8 portions

Preparation time:
20 mins

Cook time:
7 - 8 hours

You will need:

- 1 Teaspoon vegetable oil
- 500g 5% minced beef or plant-based alternative
- 1 Onion - diced
- 1 Red Pepper - deseeded and diced
- 3 cloves garlic - finely chopped/crushed
- 1 medium Red Chilli or 2 if you like more spice (finely diced) or 2 teaspoons chilli powder
- 2 teaspoons Smoked Paprika
- 1 teaspoon Garam Masala
- 1 beef/vegetable stock cube
- 2 x 400g tins chopped tomatoes
- 3 tablespoons tomato puree
- 400g tin Kidney beans – drained
- Pinch of Black pepper

Method:

- Set the slow cooker to low.
- Tip: You can brown the mince first in a frying pan with 1 teaspoon vegetable oil
- Place the mince or plant based alternative into your slow cooker.
- Add all the ingredients to the slow cooker plus add 150ml water for the stock
- Ensure all the ingredients are mixed together well.
- Place the lid on and set your slow cooker to high and cook for 3 hours or on low for 7–8 hours.
- Once cooked serve with rice.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.