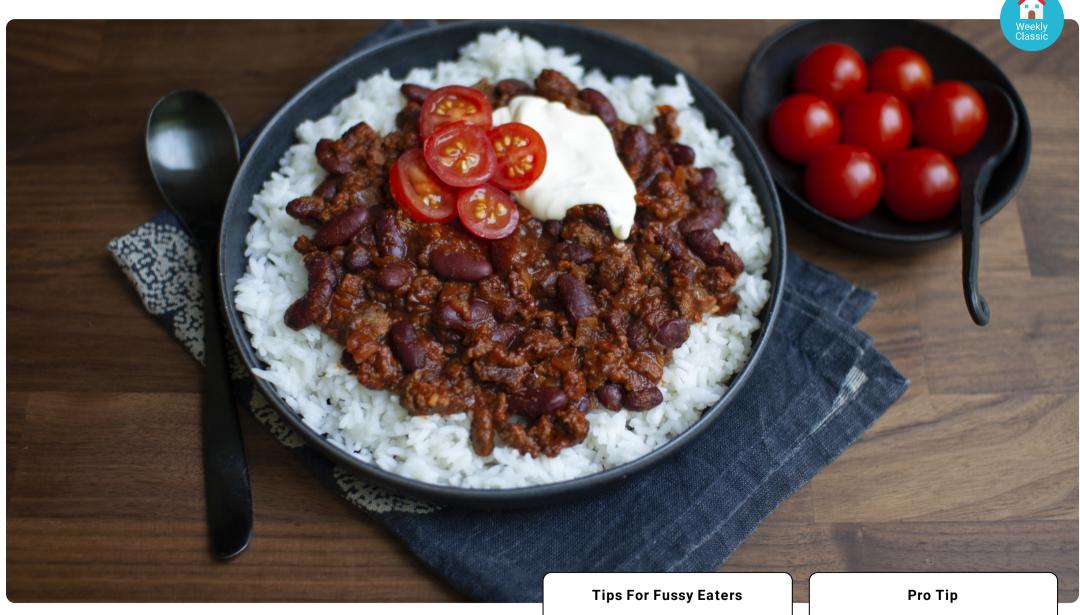
Classic Chili Con Carne

with Rice and Sour Cream



Cook this easy-to-make comfort dish and unwind after a busy day.

Cooking Time: 30 min | Gluten-Free Cals 1028 | Prot 63 | Carbs 113 | Fat 39

Leave the chipotle and sriracha out! Add a splash of cream or some cream cheese to round up the flavour even more. Serve the tomatoes to the side. Prepare the Chili con Carne ahead! Reheat with a splash of water just in time for dinner.

Ingredients For 2 For 3 For 4 Chili con Carne 525 Lean beef mince 350 700 Grams White onion 0.5 Pieces Garlic cloves 3 4 Pieces 240 240 480 Grams Red kidney beans 2 3 Vegetable oil 4 Tbsp Cumin powder 4 4 Grams 2 4 Chipotle powder Grams 4 4 Smoked paprika powder Grams 5 5 Brown sugar 10 Grams Sriracha sauce 14 21 28 Grams 70 Tomato paste 30 50 Grams 400 Tomato passata 200 500 Grams 200 300 400 MI Water Beef stock cube 0.5 Salt 0.5 Tsp Black pepper 0.5 Tsp Grated orange cheddar 60 90 120 Grams Rice Jasmine rice 150 225 300 Grams 300 450 MI Water 600 Salt 0.5 Tsp To serve Cherry tomatoes 150 250 300 Grams 60 90 120 Sour cream Grams



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1 Prep ingredients

Peel and chop the **onion** and **garlic**. Rinse and drain the **kidney beans** in a colander.

2 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.

3 Start chili

Meanwhile, heat a pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **beef mince** and **onion**, and fry for 5 min. While frying, break the **beef mince** as much as possible, using a spatula.







4 Add spices

Add the garlic, cumin, chipotle (spicy!), smoked paprika, brown sugar, sriracha (spicy!) and tomato paste (see tips for fussy eaters). Cook, stirring, for 2 min.

5 Add and stew

Add the tomato passata, measured water, stock cube, drained kidney beans, salt and pepper. Cover with a lid, reduce the heat to low and simmer for 15 min, stirring occasionally. If the stew thickens too much, add a splash of water. Finally, sprinkle the cheddar cheese on top and let it melt.

6 Serve

Rinse and halve or slice the **cherry tomatoes**. Serve the **Chili con Carne** over **rice**, with the **sour cream** and the **cherry tomatoes** (see tips for fussy eaters).