

Chilli Con Carne With Rice

Ingredients & Cost

Prices are from Lidl Supermarket

- 1 medium onion, 12p bought loose
- 1 clove garlic, 39p whole garlic bought loose
- 1 can tomatoes, 35p
- 1 can red kidney beans, 30p
- 1 beef stock cube, £0.35 for a box of stock cubes
- 1 tsp chilli powder, 69p for a small spice jar
- 1 mug long-grain rice, 79p for a 500g bag
- 2 mugs of mince, 500g of Mince, £1.50

This chilli is the microwave twist on a popular dish that contains both protein and a variety of nutrients. This chilli tastes great, and the spiciness can be tailored to your preference. It's a quick and simple recipe to follow.

This recipe contains three of your five a day, from the onion, the can of tomatoes and the can of red kidney beans. The mince provides protein and the beans provide fibre.

Timing: 25 minutes.

Equipment

- Knife
- Chopping board
- Mug
- Spoons
- Large microwave proof dish
- Large microwaveable bowl
- Microwave

Method

1. Peel and finely chop the onion and garlic
2. Slice the mushrooms if using
3. Drain the kidney beans
4. Put the mince in the microwaveable dish and using a fork break up the meat and mix the onion and garlic through it. microwave on HIGH for 5 minutes.
5. Fork through again to break up any clumps of meat. Add mushrooms, crumbled stock cube, chilli powder, tomatoes and beans
6. Swirl out empty tomato can with a bit of water and add to the rest of the ingredients. Then cook on HIGH for 10 min, stirring halfway through. Leave to stand whilst you cook the rice
7. To cook the rice: Put rice in a large microwaveable bowl and add 2 mugs of hot water (either heat this in the microwave or a kettle). Stir and microwave on HIGH for 10-12 min.

