

Shrinking Chilli



Ingredients

- 500 g lean minced beef
- 1 red onion, finely chopped
- 800 ml tinned diced tomatoes
- 2 tsp cumin
- 1 ½ tsp chilli powder
- 1 tbsp garlic powder
- 1/8 tsp cayenne pepper
- 400 ml tinned kidney beans

- Salt and pepper
- 2 stalks celery, finely chopped
- 2 red peppers, finely chopped
- 125 ml vegetable stock
- 1 tbsp jalapeno pepper, finely chopped
- 250 ml tomato ketchup
- Pinch of sugar

Method

- Heat the beef in a large deep pot over a high heat. You don't need any oil here, just sprinkle the beef with salt and pepper, and fry until browned. This should take about 10 minutes. When cooked transfer meat to a sieve to drain the fat.
- Add onion to pan and cook gently to soften. Add celery, red pepper and jalapeno. Add them to the pot and fry over a medium heat with the onion.
- Add the vegetable stock and cook until its reduced in volume and there's about a quarter of the liquid remaining. Add the ketchup.
- Add the beef back into the pan and add the tomatoes, spices and sugar. Bring the chilli to the boil for just a minute, then turn the heat down to medium and simmer for 45 minutes.
- Pour the beans into a sieve and rinse, then add them to the pot and cook for another 15 minutes so they thicken the sauce.
- Remove from the heat and garnish with chopped chilli, coriander or spring onions.

Per Serving:

Calories 364 kcal | Fat 18 g (sat fat 7g) | Protein 22 g | Carbohydrate 35 g



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