



## CHILI CONCARNE

40 minutes

4 portions

### INGREDIENTS

- 1 cup chopped of onions, sauteed (87 g)
- 2 cloves of garlic, raw (6 g)
- 1 large stalk celery, chopped (64 g)
- 2 whole tsps of spices, cumin seed (4 g)
- 2 tsps of spices, paprika (5 g)
- 1/2 tbsps of seasoning mix, dry, chili, original (5 g)
- 500 grams of beef, grass-fed, ground, raw
- 1 large zucchini, Diced (323 g)
- 1 large carrots, Diced (72 g)
- 1 medium Red Capsicum, Diced (119 g)
- 200 grams of beans, Red kidney, Drained
- 400 grams of tomatoes, crushed, canned
- 1/2 cup of tomato paste (131 g)

### COOKING METHOD

- 1° Heat oil in a large pan over medium-high heat. Cook onion, garlic and celery, stirring for 5 minutes or until softened.
- 2° Add cumin, paprika, chilli powder and beef mince and cook for 5-7 minutes or until the mince is browned.
- 3° Add carrot, zucchini, capsicums, and kidney beans and cook, stirring for 4-5 minutes until vegetables are tender.
- 4° Add chopped tomatoes, tomato paste and water. Bring to the boil, then reduce heat and cook over low heat for 20-25 minutes or until mixture slightly thickens.
- 5° Stir through coriander before serving.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (479 g)	% DRI
ENERGY	87 kcal	418 kcal	21 %
FAT	4 g	20 g	30 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	36 %
CHOLESTEROL	16 mg	78 mg	26 %
SODIUM	106 mg	509 mg	21 %
CARBOHYDRATE	7 g	31 g	10 %
SUGARS	3 g	14 g	—
FIBER	2 g	9 g	34 %
PROTEIN	7 g	32 g	—