



Slow Cooker Chilli Con Carne

Serves 6

Ingredients:

- 2tbsp vegetable oil
- 1 onion, peeled and chopped
- 1 green pepper, washed, deseeded and sliced
- 2 cloves of garlic, peeled and grated
- 400g lean mince
- 2 x 400g tin tomatoes, chop if needed
- 1 x 400g kidney beans in water, drain and rinse
- 2tbsp tomato puree
- Pinch of black pepper to taste
- 2tsp cumin powder
- 1 - 2tsp mild chilli powder
- 1tsp dried mixed herbs
- 1 beef stock cube, dissolve in 100ml of freshly boiled water

Method:

1. Heat oil in frying pan and brown beef on a medium heat for 4 minutes
2. Add garlic, onions and peppers and cook for 5 minutes until onions and peppers are softened
3. Stir in spice and cook for 1 more minute on a medium heat
4. Place meat mix into slow cooker with kidney beans, tomatoes and tomato paste, stock and black pepper, then stir with a wooden spoon
5. Cook for 6 - 7 hours on low setting

Remember do not remove lid until cooking time is up

