



Member Recipes

CHILLI CON CARNE

INGREDIENTS

- 500 grams mince
- 4 tbsp tomato paste
- 5-½ Tbsp tomato paste
- 1 x can red kidney beans drained
- 2/3 tsp salt
- 2/3 tsp Mexican chilli powder
- 1/8 tsp cayenne pepper
- 1-1/2 tsp oil
- 1 small onion chopped
- ½ cup water (more if required)
- ½ Tsp chilli sauce

DIRECTIONS

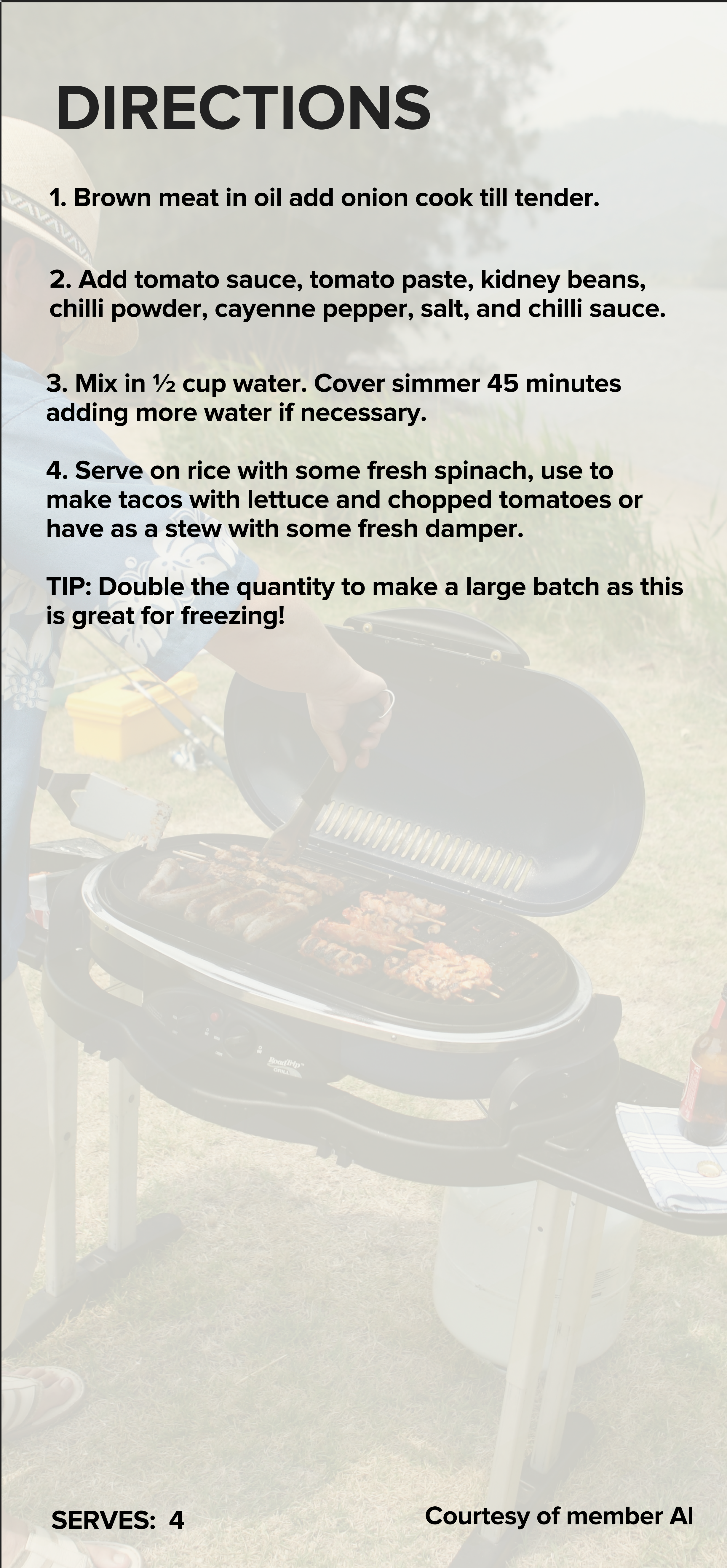
1. Brown meat in oil add onion cook till tender.
 2. Add tomato sauce, tomato paste, kidney beans, chilli powder, cayenne pepper, salt, and chilli sauce.
 3. Mix in ½ cup water. Cover simmer 45 minutes adding more water if necessary.
 4. Serve on rice with some fresh spinach, use to make tacos with lettuce and chopped tomatoes or have as a stew with some fresh damper.
- TIP:** Double the quantity to make a large batch as this is great for freezing!

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SERVES: 4

Courtesy of member Al