



'VEGGIE SMUGGLER' BEEF CHILLI CON CARNE



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Preparation 20 mins | Cooking 45 mins | Serves 6

Add a good pinch of cayenne pepper and 1 tsp smokey paprika for a bolder flavour.

- 1 tbs olive oil
- 1 brown onion, finely chopped
- 500g lean beef mince
- 2 tsp Mexican (medium) chilli powder
- 1 small red capsicum, finely diced
- 1 zucchini, grated
- 150g button mushrooms, finely chopped
- 250g chopped mini roma tomatoes
- 400g can diced tomatoes
- 1 cup beef stock
- 400g red kidney beans, drained and rinsed
- Diced avocado, lime wedges, coriander leaves, tortilla chips and reduced fat sour cream, to serve

STEP 1 Heat oil in a large deep frying pan over medium-high heat. Add onion and cook, stirring often, for 3-4 minutes until softening. Add beef mince and cook, breaking up the mince with a wooden spoon, until evenly browned.

STEP 2 Add Mexican chilli powder, capsicum, zucchini and mushrooms and cook, stirring often, for 4-5 minutes until softening.

STEP 3 Stir in mini roma tomatoes, canned tomatoes and stock. Bring to the boil, then reduce heat and simmer, stirring occasionally, for 20 minutes. Stir in kidney beans and cook, stirring occasionally, for a 10 minutes. Serve with diced avocado, lime wedges, coriander leaves, tortilla chips and sour cream.