

**CHEF'S TIP:**

This dish also makes a delicious filling for tacos or burritos. Top with salad and reduced fat sour cream or natural yoghurt.

# **RECIPE** **MEXICAN CHILLI BEEF AND BEANS**

**Serves 4**

**Ingredients:**

- 1 large Onion, finely chopped
- 2 small Carrots, diced
- 1 Zucchini, chopped
- 4 Tomatoes, roughly chopped (or 400g canned Diced Tomatoes)
- 2 tsp Ground Cumin
- 2 tsp Sweet Paprika
- 2 Garlic Cloves, chopped finely or crushed
- 1 to 2 small hot Chillies, chopped finely
- 150g Green Beans
- 400g can Red Kidney Beans (reduced salt), rinsed and drained
- 4 cups steamed Basmati or Brown Rice
- 400g lean Beef Mince (raw weight)
- 125ml (½ cup) Water
- 2 tsp Extra Virgin Olive Oil
- Fresh Coriander leaves to serve

**Method:**

1. Prepare ingredients.
2. Boil water for rice and cook as per packet instructions.
3. Heat the oil in fry pan on medium and add the onion and carrot and cook stirring for 5 minutes, or until softened.
4. Add the garlic, cumin, chili and paprika and cook for 30 seconds or until fragrant.
5. Add mince and cook, breaking it up with a wooden spoon for 4 to 5 minutes or until browned.
6. Add the tomatoes, kidney beans and ½ cup water and bring to the boil.
7. Reduce heat to low and simmer for 10 minutes. Add zucchini and beans and simmer for 5 minutes or until vegetables are tender. Season with pepper.
8. Serve beef mixture with the steamed rice, topped with coriander

**Variations**

- Add fresh or frozen corn kernels or frozen peas .
- Use four-bean mix, brown lentils or chickpeas (instead of kidney beans).
- Add chopped parsley (instead of coriander).
- Serve with a dollop of natural low fat yoghurt.

**Notes:**

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