



Chilli con carne & wedges



A spicy and warming Mexican dish, great to cook for family and friends

Serves 4

Total costs: £4.96

Price per portion: 84p

Ingredients

- 1.25g potatoes
- peeled 1 onion
- sliced 350g beef mince
- 400g tin of peeled tomatoes
- 410g tin of red kidney beans in water
- drained 1-2 teaspoons mild chilli powder
- 1 beef stock cube

Method

1. Preheat the oven to 170 degrees, slice the potatoes into wedges, then place on a baking tray. Drizzle with some oil and season with salt and black pepper
2. Bake for 45 minutes until brown and crisp
3. Meanwhile, in a large saucepan, heat 1 teaspoon of oil and fry the onion, until soft. Add the chilli powder and the mince, and cook until the mince is browned
4. Using the stock cube, make up 150ml stock with boiling water and add to the pan along with the peeled tomatoes and the drained red kidney beans, then simmer on a low heat for 20 minutes
5. Serve with the potato wedges