

SPICY BEEF WITH BEANS AND TOMATOES

This 'Chilli-con-Carne' style recipe makes a fantastic main meal served with a jacket sweet-potato and a side-salad.

Serves 4

Per serving: 212 calories, 6.4g fat
(excluding accompaniments)

Prep time: 20 min

Cook time: 30 mins

INGREDIENTS

225g lean minced beef
Rapeseed oil spray
1 red onion, finely chopped
2 garlic cloves, crushed
1 red pepper, deseeded and finely sliced
1 x 400g tin of chopped tomatoes
1 red chilli, deseeded and finely chopped
1 x 400g tin of red kidney beans, rinsed
600ml beef stock (use a beef stockpot if necessary)
freshly ground black pepper

METHOD

1. Preheat a non-stick frying pan and spray with rapeseed oil. Add the onion to the pan and cook for 2 - 3 minutes until soft. Add the minced beef to the pan and dry fry until browned. Add the crushed garlic and red pepper and cook for 2 - 3 minutes more.
2. Transfer the mixture to a saucepan and add the tomatoes, chilli, kidney beans and beef stock, bringing the pot to a gentle simmer for 20 minutes to allow the sauce to thicken. Season to taste with black pepper.
3. Serve with a jacket sweet potato baked in the oven plus a side salad.

