

Norse Munch!

Recipe for Chilli Con Carne One of the best winter warmers by far!

Portions: 8

Ingredients

600g	Minced Beef
250g	Onions
1	Garlic Clove
½ tsp	Chilli Powder
½ tsp	Cumin
1 tbsp	Olive Oil
30g	Plain Flour
2 x 400g tins	Chopped Tomatoes
1 x 400g tin	Kidney Beans

Method

1. On a medium heat fry the onions, garlic, chilli powder and cumin in the olive oil
2. Add the mince and break up with a wooden spoon. Cook for 5 minutes
3. Add the chopped tomatoes and gently cook for 30mins
4. Add the kidney beans and cook for a further 5 minutes
5. You may want to add more chilli powder depending on how spicy you like it to be!
6. Taste and season, serve with boiled rice, natural yoghurt and fresh coriander or load on to nachos with cheese for an alternative snack!