

Chilli Con Carne

Serves 6

Ingredients

1 cup chopped red onion
1/3 cup chopped red pepper
1 teaspoon finely chopped garlic
1¼ pounds of minced beef

1 tablespoon chilli powder
2 teaspoons tomato puree
2 teaspoons dried oregano
1 teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon black pepper
1 x 400g tin of red kidney beans
1 x 400g tin chopped tomatoes
1 beef stock cube.

½ cup of fresh coriander
6 lime wedges



Instructions

Heat a large saucepan over a medium heat. Add first 4 ingredients, cook for 10 minutes or until the beef is cooked, stirring frequently. Stir in the next nine ingredients (including stock cube); bring to boil and simmer for 15 minutes. Stir in the coriander. Serve with lime wedge.

Approx nutrition info per serving:

211 calories, 6.5g fat, 16.4g net carbs, 22g protein