

# Chilli Con Carne - Veggie

Serves 6

## Ingredients

- 1 teaspoon oil
- 1 cup chopped red onion
- 1 medium red pepper chopped
- 1 teaspoon finely chopped garlic
- 500g Quorn Mince (available in freezer section)
  
- 1 tablespoon chilli powder
- 2 teaspoons tomato puree
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 200g red kidney beans (half tin) drained
- 1 x 400g tin of chopped tomatoes
- 1 stock cube dissolved in ¼ cup boiling water (veggie or beef if preferred)
  
- ½ cup of fresh coriander
- 6 lime wedges



## Instructions

Heat oil in a large saucepan over a medium heat. Add onion, peppers and garlic, cook for 10 minutes then add the mince and cook for 3 minutes stirring frequently. Add all the remaining ingredients (including stock cube); bring to boil and simmer for 15 minutes. Just before serving, sprinkle the coriander and a squeeze of lime.

### Approx nutrition info per serving:

211 calories, 4.5g fat, 9g net carbs, 22g protein

*Serving suggestion:* Spoon chilli into Baby Gem lettuce and top with natural yogurt and a sprinkle of grated cheese. Tastes just like a Taco but without the carbs!!