

Sarah's family chilli



Serves	Prep Time	Cooking	Total Time	Calories
4 people				412 kcal

Stuff that's in it:

- 250G Jarred Roasted Red Peppers
 - 140G Brown Onion (Diced)
 - 3 Cloves Garlic (Chopped)
 - 1 Stick Celery (Chopped)
 - 2 Tbsp Tomato Purée
 - 1 Can Chopped Tomatoes
 - 500G 5% Mince Beef
 - 4 Squares Dark Chocolate
 - 1 Can Adzuki Beans (Drained)
 - 2 Tbsp Cholula Chipotle Sauce
 - 1 Red Wine Stock Cube
 - 1 Cinnamon Stick
 - 15G Fresh Coriander (Chopped)
 - 1 Tsp Ground Cinnamon
 - 1 Tsp Paprika
- Pinch Chilli And Lime Salt ((Optional))

• For The Guac:

- 117G Avocado (De-Stoned And Peeled)
- 50G San Marzolo Tomatoes (Sliced)
- Squeeze Of Fresh Lime Juice
- 40G Red Onion (Sliced)

What you do:

This is my family version of good ole chilli, healthy and bursting with flavour! I prefer to use adzuki beans over kidney as they are cuter and have a real nice flavour. The roasted peppers give it a unique flavour too and I've used mild chilli powder but go ahead and use hot if you prefer, I made a quick Guacamole to pair and it really complements this dish, give it a try!

Heat a large heavy bottomed pan, squirt a little oil, then add the celery, peppers and onions, gently sweat for around 5 mins, add the garlic, stir through, then add the mince meat and brown all over.

Add the chilli, cumin and paprika, then the cholula and stir through.

Add the tomatoes and purée, fill the can with water twice, add the beans.

Drop the stock cube and cinnamon stick in.

Add the green chilli and coriander.

Add the lime salt, bring to the boil and simmer for 10 minutes, add the chocolate then add the fresh chilli and coriander and simmer until you get the desired thickness.

For the Guac:

Add all your ingredients to a mini blender/processor and blitz until smooth ... easy.

Nutrition

- Carbs: 31g
- Fat: 13g
- Protein: 35g

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