

## SPANISH BEEF (CHILLI)

This is an easy take on a chilli style dish that can be served many ways.

Serve it with rice or spoon over corn chips, add cheese and eat like nachos.

Add to a tortilla or pita bread with cheese, onion, lettuce, avocado and mayo.



### INGREDIENTS

- 500 grams Minced meat
- 1 Can Crushed tomatos
- 1 Can Condensed Tomato Soup
- 2 Cans Beans
- 1 Large Onion
- 1 Capsicum
- 1 large onion
- 1 Cup Rice
- 2 Cloves mashed Garlic
- Salt & Pepper
- 1 tsp Paprika
- 1 tsp Ground Cumin



### METHOD

1. Wash , Peel and Chop the Garlic, Onion & Capsicum, then add to a hot frying pan with a small amount of oil. Cook until browning.  
*You can buy and use minced garlic in a jar which is just as good as fresh.*
2. Add the mince and break up, cook until browned and separated mixing the other cooked ingredients together.
3. Open the cans of beans (you can use 4 bean mix, Mexican bean mix, red kidney beans). Rinse under water well and drain. Open the cans of tomato and soup and have ready to use.
4. Add your bean to the mince and stir around, then add the paprika and cumin, pepper & salt. You could also add chili for more heat. Continue to mix together
5. Add in the tomato and the soup. Stir together well and allow to gently simmer on the stovetop (for around 15 minutes) or until the liquid has reduced and the dish has thickened.
6. Cook your rice as per the instructions on the pack.
7. Serve in a bowl with the Rice or any of the ways we have suggested.