Chili Con Carne with Kidney Beans

Ingredients
- 1 tbsp olive oil
- 1 onion, diced
- 500 g lean ground beef (< 5% fat)
- Packet of chili spice mix
- ½ tsp salt
- 790mL (28 oz) Can of chopped tomatoes
- 540 mL (19oz) Can of kidney beans
- 1 green pepper, diced
- 1 red pepper, diced
- 7-8 mushrooms (optional)
- Your favorite hot sauce (optional)
- ½ cup brown basmati rice per person (or serve on whole wheat bread, salad, or noodles)

Making it
1. Put a tablespoon of olive oil in a pot and heat. Cook rice in a separate pot while you are waiting (cooking instructions in Tips & Hints at bottom of page).
2. Add onions and cook for 5 minutes
3. Add beef and cook over medium heat for about 5 minutes, until browned, breaking up any lumps.
4. Add chilli spice mix
5. Stir in chopped tomatoes (with juice), remaining veg, salt and kidney beans. Reduce heat and simmer, partially covered, for 15 minutes, stirring occasionally.
6. Add hot sauce to taste and serve with a salad and rice

NUTRITION FACTS
Servings: 4
Calories (kcal): 635
Fat (g): 14.5
Carbohydrate (g): 71.5
Fibre (g): 13.5
Protein (g): 52

TIPS & HINTS
For every ½ cup of rice add one cup of boiling water from a kettle.