

Beef Chilli Con Carne

Recipe from: Heart Foundation

Traffic light category: **Green**

Serves: 8 (290g per serve)

Ingredients

- 2 tablespoons olive oil
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 2 celery stalks, finely diced
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- ½ teaspoon chilli
- 400g lean beef mince
- 1 medium carrot, grated
- 1 medium zucchini, grated
- 1 red capsicum, seeded and diced
- 1 green capsicum, seeded and diced
- 200g red kidney beans, drained and rinsed, no added salt
- 400g tin chopped tomatoes, salt reduced
- 1 tablespoon tomato paste, salt reduced
- ½ cup water
- ½ bunch fresh coriander, chopped (optional)

Method

1. Heat oil in a large pan over a moderate heat
2. Cook onion, garlic and celery until lightly browned
3. Add cumin powder, smoked paprika, chilli powder and lean beef mince
4. Cook for 5-7 minutes or until the mince is brown
5. Add carrot, zucchini capsicum and kidney beans. Cook for a further 5-7 minutes
6. Add tomato paste, chopped tomatoes and water. Bring to the boil
7. Reduce the heat and cook for 20-25 minutes until the mixture thickens
8. Stir through the chopped coriander before serving.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 848kJ | 292kJ |
| Protein | 15.4g | 5.3g |
| Total fat | 9.7g | 3.3g |
| Saturated fat | 2.6g | 0.9g |
| Carbohydrate | 10g | 3.4g |
| Sugars | 6.7g | 2.3g |
| Dietary fibre | 5.7g | 1.9g |
| Sodium | 84mg | 29mg |



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Supporting healthy choices

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