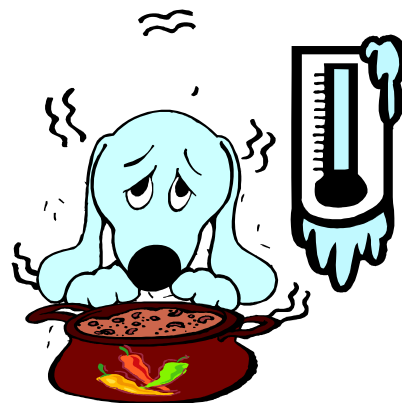


Chilli con canine

For 4 people you will need:

1 tablespoon olive oil
1 medium onion, chopped
3 cloves garlic, crushed
1 stick celery, sliced
500g lean minced Beef or/ Turkey or/Quorn
2 teaspoons Chilli powder
Pinch cayenne pepper
1 teaspoons dried oregano
440g can tomatoes
2 tablespoons tomato puree
1 teaspoon soft brown sugar
1 tablespoon cider or red wine vinegar
Pinch of Salt and freshly ground black pepper
420g can red kidney beans



Method:

1. Heat the oil in a large heavy-based pan and then add the onion, garlic and celery. Stir over a medium heat for five minutes or until softened.
2. Add the beef/turkey/Quorn mince to the pan and stir over a high heat for five minutes or until well browned.
3. Add the chilli powder, cayenne and oregano to the pan. Stir well and cook over a medium heat for a further five minutes. Add the tinned tomatoes and the tomato puree and stir well.
4. Simmer, uncovered for 30 minutes, stirring occasionally. Add the sugar, cider or vinegar, salt, pepper and drained canned kidney beans. Heat through for five minutes. Serve hot with either brown or white rice.

