



COME ON

LET'S
DO
THIS

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	LOW

per 100g

Portions
fruit & veg
per serving
4

Chilli con carne

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 20 mins | cook 35–40 mins

Chilli con carne

Tasty, spicy and warming – add a **healthy boost** to this family favourite by adding a can of lentils along with the kidney beans and loads of veg.

Ingredients

- 1 tsp pure vegetable oil
- 1 large onion (160g), finely chopped
- 250g lean minced beef
- 2–3 cloves garlic, crushed
- 1–3 tsp chilli seasoning
- 1 tsp oregano
- 1 tsp cumin
- 1 tin chopped tomatoes
- 1 low salt beef stock cube and 300 ml water
- 2 tbsp tomato puree
- 1 x 400g tin of kidney beans, drained
- 80g sweetcorn
- *To serve:* 4 sweet potatoes, baked 40–50 mins at 180°C/gas 4 (not in nutritional analysis).

Healthy boost ingredients

- 1 carrot (80g) finely chopped
- 1 red pepper (160g), finely chopped
- 1–2 courgettes (160g), finely chopped
- 1 x 400g tin of lentils, drained.

Method

1. Add oil to a large pan, then add the onion and cook for 3–4 minutes until just starting to brown
2. Add the minced beef and cook for 5–7 minutes (or until cooked thoroughly)
3. Add the carrot, pepper, courgette and garlic. Cook for a further 3–4 minutes, stirring regularly until they soften
4. Stir in the chilli, oregano, cumin, tomatoes, stock and puree then cover with a lid and simmer gently for 5 minutes, stirring occasionally
5. Add the beans, sweetcorn and lentils, and mix well. Cover and simmer for a further 15 minutes, stirring occasionally.

Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
355	14.1g	4.9g	11.3g	0.5g
18%	20%	25%	13%	8%

% = an adult's reference intake



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