

Chilli Con Carne

Serves 4 / Cost around £4.50 /

You will need:

- 1 medium sized packet of mince
- 1 large onion (chopped)
- Tin of kidney beans in chilli sauce
- Tin of baked beans
- Tin of chopped tomatoes
- Salt and pepper for seasoning
- Rice

Instructions:

1. Fry the chopped onion.
2. Add the mince and fry until brown.
3. Once the onion is soft, add the kidney beans, baked beans and chopped tomatoes.
4. Meanwhile chop up garlic into small pieces and fry on low heat in olive oil until soft, add to the chilli.
5. Season the chilli to taste.
6. Simmer for 20 minutes.
7. Boil the rice.
8. Serve.