

Chilli Con Carne



by Katie Caldesi

Makes 2 people ⌚ 20 mins cooking time

Per serving

NET CARBS	FIBRE	PROTEIN	FAT	KCAL
15g	6g	38g	25g	480

This is dish 3 using my Batch and Match Beef Stew recipe

By serving the chilli in bowls with soured cream and grated cheese, you won't notice the missing rice or bread. Adding beans is traditional and bumps up the quantity; however, it doubles the carbs, hence only adding half a can. The other half can be frozen for another day. If it's quantity you are after, add more non-starchy vegetables such as celery, mushrooms or pumpkin when making the beef stew.

INGREDIENTS

Approx. 300g (10½oz) Beef Stew (above)

¼–½ teaspoon hot chilli powder

½ teaspoon ground cumin

½ teaspoon oregano

½ teaspoon cinnamon

120g (4oz) canned kidney beans or black beans (approx. ½ × 400g/15oz can, drained, optional)

METHOD

1. Reheat the beef stew until it is bubbling.
2. Add the spices, the beans, if using, and enough water to give it a stew consistency.
3. Reduce the heat and cook for around 20 minutes until the sauce is thick.
4. Taste and adjust the seasoning to your liking. Enjoy on its own in a bowl with soured cream and grated cheese or with cauli-rice or a dressed salad.

TO SERVE

flesh of 1 avocado, cubed or mashed

small handful of chopped coriander leaves and stalks

1 lime, cut into wedges