

Chilli Con Carne Serves 12 (260 Calories per serve)

Mexican food is a staple in our household, it's one of those foods i love to cook in large batches as it freezes well. I love to have a few easy days throughout the week when i can pull out a freezer meal and have dinner ready in under 10 minutes! It's also great as you can tailor the spice to suit your liking. My kids can handle this recipe well, i love to add jalapeño to our grown up versions when dishing up. Most people don't achieve their RDI of fibre and eating Mexican is my way of ensuring we strive to fulfil that quota.

This recipe is a basis for many options, generally we serve over falafel chips with cheese, sour cream, guacamole and salsa.

Other option are rice, roasted sweet potato, spaghetti squash, or rolled in a tortilla and baked.

Ingredients.

- 500g Steggles turkey mince.
- 500g Premium beef mince.
- 1/2 can of Ayam coconut milk.
- 700ml bottle of Val Verde cooking passata.
- 500ml water.
- 3 heaped Tbsp tomato paste.
- 2 large onions, diced.
- 3 medium capsicum, diced.
- 1 can drained lentils.
- 1 can drained cannelloni beans.
- 1 can drained kidney beans.
- 1/2 tsp ginger powder.
- 1/2 tsp turmeric powder.
- 1 tsp allspice.
- 1 tsp whole coriander seeds.
- 1 tsp chilli flakes dried.
- 1 tsp black pepper.
- 1 tsp smoked paprika.
- 1 tsp dried coriander leaves or a handful of fresh if you have them available.
- 1 1/2 tsp salt.
- 2 tsp cumin.
- 2 tsp sweet paprika.
- 2 tsp garlic crushed.

Method.

1. Heat olive oil in a large saucepan and add diced onion, sauté until lightly browned.
2. While the onion is cooking, prepare your spices. Put all your dry spices into a mortar and pestle and grind until powdered and aromatic. You can skip this step if you don't have the whole coriander seeds, however, i do find this step helps infuse all the aromatics.
3. Add the mince meat to the onion and brown, once the meat is almost browned, add the ground spices and continue to cook for a few more minutes.
4. Add the remaining ingredients except for fresh coriander (if using).
5. Simmer for about an hour and a half or until it has reduced down and become a nice thick consistency. If using fresh coriander now is the time to finely chop and add it to your mix.

Nutritional information (per serve)

Calories 260.

Carbs. 16.6 grams.

Fat 8.9 grams.

Protein 24.4 grams.