

Recipe of the Week 20
Healthy Chilli Con Carne

The Chilli Con Carne is a quick and easy way to enhance your Iron intake. The beef and kidney beans provide excellent sources of iron and the Vitamin C content of the dish improves the absorption of the Iron to maximise the potential benefits for performance. Iron is essential for the delivery of oxygen to muscle tissue and the production of energy.

Tip: Make the Chilli Con Carne in bulk and store in your freezer for quick and easy future servings.



Ingredients

200 g of lean minced beef
100 g of kidney beans, canned and drained
1 clove of garlic
1 large onion
1 green pepper
1 tsp of olive oil
400g chopped tomatoes
2 tsp of tomato puree
1 beef stock cube
2 tsp chilli powder
1 tsp of mixed herbs
100g brown rice (uncooked)

Serves: 1 - 2
Preparation time: 10 -minutes
Cooking time: 25-minutes

Each serving contains
Energy (kcal) – 420kcal
Carbohydrates –60 g
Protein – 12g
Fat – 14g (5g saturated)

Method

1. Heat the olive oil in a non-stick saucepan and cook the onion until slightly softened
2. Add the garlic and diced pepper and cook for another few minutes
3. Add the minced beef, brown and then drain off excess fat
4. Stir in all other ingredients, adding more or less chilli powder to your taste
5. Cover and cook for 20 minutes
6. Serve with 50-100g of brown rice (uncooked weight, depending on energy requirements)

Adapted from: www.tesco.com, 2010
Image from: www.tesco.com, 2010

