

## Healthy chilli con carne

### Ingredients

1 tbsp olive oil  
1 brown onion  
2 celery sticks, finely chopped  
500g extra lean beef mince  
3 tsp Mexican spice mix  
2 tsp ground cumin  
115g (1/2 cup) red lentils  
400g can diced tomatoes  
120g chargrilled capsicum strips,  
drained

400g black beans or kidney beans,  
rinsed and drained  
½ cup chopped coriander  
2 long fresh green chillies, sliced  
Light sour cream

Serves 4



# HEAL

HEALTHY EASY ACCESSIBLE LOCAL

## FOODS

## Method

Heat the oil in a large heavybased pan over medium-high heat. Add onion and celery, and cook, stirring, for 1-2 minutes.

Add mince and cook, breaking up any large pieces with a wooden spoon, for 4 minutes. Add the spice mix and cumin. Season well.

Stir in lentils and tomato. Add 375ml (1 ½ cups) water. Bring mixture to the boil. Reduce heat and simmer, uncovered, for 20

minutes or until the lentils are cooked and mixture has thickened.

Stir through the capsicum and beans, and cook for 1-2 minutes. Stir through half the coriander and half the chilli. Divide chilli con carne among serving bowls. Scatter with the remaining coriander and chilli.

Serve with light sour cream (optional).

