MasterFoods™ spicy chilli con carne

COOK TIME	10 mins
PREP TIME	5 mins
SERVES	4 x

MASTERFOODS™ Spicy Chilli Con Carne

INGREDIENTS

- Canola Oil Spray
- 1 Onion (160 g), sliced
- 500 g lean Beef Mince
- 400 g can No Added Salt Diced Tomatoes
- 400 g can No Added Salt Red Kidney Beans, drained
- 1 MasterFoods™ Spicy Chilli Con Carne Recipe Base
- 1 cup dry Brown Rice

METHOD

1. Heat pan on medium. Spray with oil and cook onion until soft.
2. Stir in mince and cook until browned.
3. Add tomatoes, kidney beans and Recipe Base.
4. Stir and cook until heated through and sauce thickens.
5. Meanwhile cook rice to serve with your MasterFoods™ Chilli Con Carne.
6. For extra veggies, add 1 cup of frozen peas, corn and carrots.

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