



MasterFoods™ spicy chilli con carne  
RECIPE

## MasterFoods™ spicy chilli con carne



COOK TIME

10 mins

PREP TIME

5 mins

SERVES

4 x

MASTERFOODS™ Spicy Chilli Con Carne

Share

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

# 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.

---

**Source URL:** <https://www.masterfoods.com.au/recipes/masterfoods-spicy-chilli-con-carne>