

# Sausage Meatball Chill & Rice



## Ingredients

- 8 sausages
- 2 tsp vegetable oil
- 200g frozen mixed veg
  - 2 tsp chilli powder
- 1 tin chopped tomatoes
- 1 tin of baked beans
  - 300g rice

## Methods

- 1.** Squeeze three balls of meat from each sausage (discarding the skins), then fry in the oil for 5 minutes, until lightly browned all over.
- 2.** Add the veg to the pan with the meatballs, then fry for 4 minutes more.
- 3.** Tip in the chilli powder, fry for 1 minute, then mix in the beans, and tomatoes.
- 4.** Simmer for 5 minutes, stirring occasionally, until the sauce and meatballs are cooked.
- 5.** Meanwhile, cook the rice as per the packet instructions.
- 6.** Serve the chilli over the rice.