

# Chilli Rice

## Ingredients



- 1 tbsp oil
- 1 onion, finely chopped
- Pepper, finely chopped
  - 2 tsp chilli powder
  - 2 tsp ground cumin
- 2 garlic cloves, finely chopped
- 2 x 400g tins of chopped tomatoes
- 1 x 400g tin of kidney beans (drained)
  - 200ml beef/veg stock.
- 300g of mince (any will do)
  - 300g rice

## Method

1. Cook the rice according to the instructions in a pan.
2. In a separate pan, heat oil and sauté the onion and pepper. Add the mince to the pan.
3. Once the onion begins to soften, add the chilli powder, cumin, and garlic. Stir for a minute.
4. Add the tinned tomatoes and kidney beans to the pan, followed by the stock.
5. Stir well, bring to a boil, cover, and simmer until the mince is cooked.
6. Once the rice is ready, add it to the pan with the mince, stir well, and serve.

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## The Finer Details

**Per Portion**  
**425** Calories  
**21.5g** Protein  
**80g** Carbs  
**3.5g** Fat

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