



Recipe and image courtesy of Diabetic Living Magazine

Chilli Con Carne

30 MINUTES | SERVES: 6

INGREDIENTS

- 540g Peppercorn Extra Lean Beef Burgers, broken up into mince
- ½ teaspoon olive oil
- 1 red capsicum, chopped
- 2 celery sticks
- 1 large zucchini, chopped
- 1 small fresh chilli, deseeded, finely chopped
- 1 tsp Mexican chilli powder
- 400g can no-added-salt tomatoes
- 400g can no-added-salt red kidney beans, rinsed, drained
- 80ml (⅓ cup) water
- 100g (½ cup) basmati rice
- 75g (¼ cup) extra-light sour cream
- Fresh coriander sprigs, to serve

PREPARATION

1. Heat the oil in a large non-stick frying pan on medium. Add the capsicum, celery, zucchini, garlic and fresh chilli. Cook, stirring often, for 6-7 minutes or until the vegetables soften slightly.
2. Increase the heat to high. Add the mince. Cook stirring often, for 4-5 minutes or until browned. Add the chilli powder. Cook, stirring, for 1 minute. Add the tomatoes, kidney beans and water to the pan. Bring to the boil. Reduce heat to medium. Cook, stirring often, for 5 minutes.
3. Meanwhile, cook rice in a saucepan of boiling water following the directions, or until tender. Drain well.
4. Divide the rice and mince mixture between bowls, or stir rice through the mince mixture. Top with sour cream and coriander sprigs to serve.