



Not so Chilli Con Carne

PREP 10 MINS | COOK 35 MINS | SERVES: 4

INGREDIENTS

- 500g Peppercorn Extra Lean Beef Burgers
- 1 tablespoon olive oil
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 large carrot, diced
- 1 celery stick, diced
- 1 red capsicum, diced
- 1 teaspoon of smoked paprika
- 1 teaspoon of ground cumin
- 400g tin of baby roma or crushed tomatoes
- 400g tin red kidney beans
- ¾ cup of frozen corn
- 500ml bone both or beef stock
- Salt, pepper for seasoning

To Serve:

- Brown rice, coriander,
- Sliced avocado, sour cream and jalapenos.

PREPARATION

1. Heat oil in large frying pan on low to medium. Add onion, garlic, carrot, celery and cook until soften, approximately 6 to 7 minutes.
2. Break up burgers into a mince and add to frying pan. Increase heat of frying pan to high and cook stirring often for 4 to 5 minutes or until golden. Add capsicum, paprika, cumin, a pinch of salt and pepper and stir through for 1 to 2 minutes.
3. Next add bone broth, tomatoes, corn, and kidney beans to the pan. Bring to boil then reduce to a simmer and cook for a further 15 to 20 minutes.
4. While your Con Carne is cooking prepare your rice and sides, such as sliced avocado, sour cream and chopped up jalapenos (for those who like a little heat).
5. To serve, divide your rice in bowls and top with the Con Carne, chopped coriander and your choice of sides.