

# Chunky beef chilli

Serves: 4

## Time

Preparation time 15 minutes

Cooking time 1 hour 10 minutes

## Ingredients

- 1 teaspoon sunflower oil
- 500g lean beef (casserole steak), diced
- 1 onion, peeled and finely chopped
- 1 yellow pepper, deseeded and sliced
- 1 red pepper, deseeded and sliced
- 2 x 400g tins chopped tomatoes
- 400ml beef stock (made with 1 low-salt beef stock cube)
- 2 tablespoons tomato purée
- 2 cloves garlic, peeled and crushed
- 1 large whole red chilli, deseeded, cut in half and finely chopped
- handful chopped fresh coriander
- black pepper
- 400g tinned kidney beans, drained and rinsed

## To serve

- 4 wholemeal flour tortillas
- 2 tablespoons fat-free fromage frais
- 1 lime, quartered



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## Method

1. To make the chilli, heat the oil in a large saucepan until very hot. Stir fry the beef for 2–3 minutes until brown.
2. Reduce the temperature to moderate, add the chopped onion and fry until soft. Add the sliced peppers and cook for 1 minute.
3. Pour in the chopped tomatoes, beef stock, tomato purée, garlic, chopped chilli, coriander and season with black pepper. Cook for 5 minutes. Reduce the temperature to a low setting and simmer for 1 hour without a lid, stir occasionally until the sauce thickens and the beef is tender.
4. Stir in the kidney beans and cook for a further minute to warm through before serving with tortillas, a small dollop of crème fraîche and a wedge of lime.