



Recipe

chili con carne

This recipe is loaded with flavour from an exciting spice blend, and packed with nutrition from three different types of beans and a bunch of hidden veg. And for added richness, we've added dark chocolate! Serve with rice, grated cheese, tortillas, and some dips for a fun, self-serve meal. This recipe will make enough for lots of leftover meals such as mexican lasagne, nachos, tacos, burritos - the list is endless!

Ingredients

500g beef mince	1 heaped tsp smoked paprika	130ml water
1 glug of cooking oil	1 heaped tsp ground cumin	1 cube of beef stock
½ white onion - diced	1 tsp ground coriander	1 cube of mushroom stock
2 medium carrots - grated	3 garlic cloves - finely chopped	1 tbsp marmite
100g chestnut mushrooms finely chopped	small pinch of mild chilli flakes	1 tbsp nutritional yeast (optional)
30g dark chocolate	1 heaped tbsp tomato paste	1 tin of red kidney beans - drained
1 lime - juiced	2 tins of chopped tomatoes	1 tin of black beans - drained
	100g dried red lentils	1 tin of pinto or borlotti beans - drained
	2 small red peppers - diced	300g sweetcorn

Method

Add oil to a wide based pan on a medium to high heat. Once hot, add onions and slowly caramelize until golden, then remove from the pan and set aside.

Using the same pan, add the beef mince and cook until it is golden and caramelised. Make sure any liquid released from the meat is cooked off.

Return onions to the pan with the beef, then add grated carrots and finely chopped mushrooms. Stir and allow them to get some colour from the base of the pan.

Add garlic, smoked paprika, cumin, coriander, mild chilli flakes, and mix well, allowing the spices to become fragrant.

Add chopped tomatoes, water, stock cubes, marmite, nutritional yeast, all beans, and dark chocolate, then bring to a simmer for around 30 minutes. Stir occasionally to avoid anything sticking to the bottom of the pan. Do not cover with a lid or it will not thicken up.

Once reduced, add red pepper and sweetcorn then cook for a further 10 minutes. Add the freshly squeezed lime, and taste to make sure you're happy with the flavour!

Please note: This recipe is correct at the time of publication on 13/02/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

E. hello@nurserykitchen.co.uk T. 01245 808080
nurserykitchen.co.uk   @nurserykitchen