

Cheese and Chili Jacket Potatoes

Serves 10

Ingredients	
1tbsp (15ml) sunflower oil	125g mushrooms, washed and sliced
1 large (100g) onion, peeled and chopped	2 tsp (12g) mild chili powder
1 clove (6g) garlic, peeled and crushed	1 x 400g can cannelloni or adzuki beans in water, drained
3 carrots (300g), peeled and diced	1 x 400g chopped tomatoes
250g minced turkey, beef or lamb	5 jacket potatoes
3 (240g) courgettes, sliced	125gm cheese

- METHOD:
- Pre heat the oven to 180c, 350F, Gas 4.
- Prick the potatoes with a fork and place in the oven to bake for 1- 1¼ hours.
- Meanwhile, make the chilli, in a large saucepan, heat the oil.
- Add the onion and the garlic and soften for 5-10 mins. Add the diced carrots and minced beef, turkey or lamb and cook for 5-10 minutes until the mince begins to brown.
- Add the courgettes and mushrooms cook for a further 5 minutes.
- Add the chilli powder.
- Add the beans and the chopped tomatoes.
- Bring to simmering point and continue to cook for a further 30 minutes.
- Should the chilli need thickening, mix a little tomato puree in a mug with some water, and add while simmering.
- When the potatoes are cooked, remove from the oven and cut in half. Add 2 tbsp of the chilli and top with 2 tsp grated cheese.



- ✓ COOK'S TIP: PREPARE EXTRA CARROT AND COURGETTE; MAKE A PUREE FOR WEANING DIETS.
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE HARD CHEESE
- ✓ FOR VEGETARIAN DIETS, OMIT USE VEGGIE MINCE AND VEGETARIAN CHEESE

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
284	12	8	42	3	1	1.4	131