

Chilli with Rice

Serves 10

Ingredients	
2 x 450g red kidney beans, in unsalted water	100g tomato puree
800g lean turkey mince	1tsp (6g) ground cumin
2 x 450g chopped tomatoes	450g long grain rice
2 tsp (6g) mild chilli powder	150g grated mature cheddar cheese
½ Onion (60g) chopped	1 tbsp (15g) vegetable oil

- METHOD:
- Heat the vegetable oil in a large pan, add the turkey mince and brown. Add the chopped onion, sweat off the onion with the chilli powder and cumin, reduce the heat slightly so as not to burn the spices.
- Once soft add the tomato puree and chopped tomatoes. Simmer 10 minutes
- Drain the kidney beans, add to the Tomato sauce and gently simmer for approximately 15 minutes
- Boil the rice according to the pack instructions
- Serve the chilli on a bed of rice with grated cheese sprinkled over the top.



- ✓ COOKS' TIP - FOR PUREE/WEANING USE BUTTER BEANS AND SPINACH (USE FROZEN SPINACH) TO MAKE A PUREE
- ✓ FOR DAIRY FREE DIETS, OMIT CHEESE
- ✓ FOR VEGETARIAN DIETS OMIT TURKEY AND USE BUTTER BEANS AND / OR CHICK PEAS

nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
335	31.8	11.1	27.1	5.3	1.5	2.3	165