

Baby-friendly Chilli Con Carne

RECIPE PROVIDED BY
~ Amy, UK



Chilli Con Carne Ingredients

- 2 tsp olive oil
- 1 onion, finely diced
- 500g (1lb 2oz) lean minced (ground) beef
- 1 tsp fresh pressed/finely chopped garlic (optional)
- 1 heaped tbsp tomato purée (paste)
- 1 heaped tsp mixed dried herbs
- ½ tsp ground cumin
- freshly ground black pepper corns or powder - to taste (optional)
- 1 tsp Worcestershire sauce
- 1 heaped tsp smoked paprika
- 1 low-salt beef stock cube
- 400g can chopped tomatoes (petite works best)
- 400g can red kidney beans in water

Optional Toppings

- Sliced avocado/Guacamole
- Grated mozzarella cheese
- Full-fat greek-style yogurt or sour cream
- Small cubed cucumber and tomato salad (seasoned to taste)
- Chopped chillies (adults)

Serving Suggestions

- Traditionally served with rice of choice or...
- Roll-up in soft tortilla wraps (instead of rice)

Directions

1. Heat the oil in a large pan over a medium heat. Add the onion and cook, stirring, until translucent.
2. Add the beef and tomato purée. Cook for 4–5 minutes, breaking up the meat with a wooden spoon.
3. Add the mixed dried herbs, cumin, Worcestershire sauce, smoked paprika and a good grinding of black pepper/fine pepper to taste, fresh pressed/finely chopped garlic (optional), and crumble in the stock cube. Give it a good stir.
4. Add the canned tomatoes. Fill the tomato can one-third of the way up with water and swirl out any of the tomato juice into the pan. Stir, cover and bring heat down to a simmer.
5. Meanwhile, drain and rinse the kidney beans. You can decide to puree the beans in a blender for a smoother paste, or place in a large bowl and using a potato masher, mash the beans until you have a rough paste - a few lumps are totally fine, you just don't want any whole kidney beans.
6. Add the blended/mashed beans to the pan and stir through. Cover and simmer for 15 minutes or longer if you'd prefer the mince to soften a bit more. Check and stir every 5 minutes, topping it up with water if it becomes too dry.
7. See serving and topping suggestions, enjoy!