



Purple Carrot

Cook

VERY VEGGIE CHILI CON CARNE

SERVES 8 / PREPARE 20 MINS / COOK 1 HR

Ingredients

500g	Lean minced beef	1tsp	Ground cumin
2	Onions, finely chopped	1tsp	Ground coriander
1	Red pepper, deseeded and diced	1tsp	Chili powder
3	Carrots, diced	4	Cardamom pods, crushed
2	Celery sticks, finely chopped	800g	Red kidney beans
2	Garlic cloves, finely chopped	800g	Chopped Tomatoes
3tbsp	Rapeseed oil	50g	Tomato puree
		1tbsp	Cocoa, 70%
		500g	Brown rice

Instructions

Chop the onion, celery, carrots and garlic by hand or in a food processor. Go as small as you like.

Get a large heavy bottomed deep pan with a lid. Heat up the oil in the pan and add the onion, celery, and garlic and cook until golden and soft which will take about 10 min.

Add the spices, carrots, and peppers. Fry for another 2 min. Add the meat and fry, stirring all the time, until all brown.

Add the tomatoes, plus the tomato paste, beans and an extra 100ml of water. Mix well and bring to the boil. Lower the heat and add the cocoa.

Cover, lower the heat to the lowest possible setting and cook for 2 hrs, stirring every 15 min, until the chilli is thick and rich. You could do this in a low oven, at 150C for 1½ hrs and add a bit more water.

Serve with steamed brown rice.



Nutrifacts



Red meat is high in **PROTEIN** necessary for growth and tissue repair as well as **IRON** needed to produced energy. Red meat also contains **SATURATED FAT** which has been linked to cardiovascular disease so consume in moderation and whenever possible choose leaner cuts.

Carrots contain **VITAMIN C** that supports the immune system and **β CAROTENE** a powerful antioxidant. Our bodies can produce **VITAMIN A** from **β CAROTENE** to support vision.

Onions contain fibre to help intestinal transit and prebiotics which feed the beneficial bacterial in your gut.

Garlic is high in an important antioxidant, **VITAMIN C** which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Rapeseed oil is **LOW** in **SATURATED FAT** and **HIGH** in omega-6 essential fatty acids.