* ½ Onion
* ½ red pepper
* 1 garlic clove, peeled
* 1 dessert spoon chilli powder
* ½ tsp paprika
* ½ tsp ground cumin
* 300g lean minced beef
* 1 beef stock cube
* 200g can chopped tomatoes
* 1 tbsp tomato purée
* 1 dessert spoon kidney beans
* Dice onion & Pepper
* Peel and finely chop garlic clove.
* Fry the lean minced beef for approx. 5-7 mins, add in spices and gently fry
* Crumble 1 beef stock cube into 200ml hot water. Pour this into the pan with the mince mixture.
* Open 1 can of chopped tomatoes and add these as well.
* Squirt in about 2 tbsp tomato purée and stir the sauce well.
* Simmer it gently. Turn down the heat until it is gently bubbling and leave it for 20 minutes.
* Bring on the beans and stir them into the chilli pot. Bring to the boil again, for another 10 minutes, adding a little more water if it looks too dry.
* Can be served with rice.