



Mrs Bailey's Beef Chilli

(Serves 4)

Ingredients

1lb of good quality mince

one onion finely chopped

one clove of garlic crushed

1 teaspoon of tomato purée

400 g tin of chopped tomatoes

400 g tin of red kidney beans in chilli sauce

1 teaspoon of chilli flakes

Method

Brown the mince in a pan and leave to rest

Brown the onion until soft in a little sunflower oil

Add garlic, tomato purée, chilli flakes, chopped tomatoes and kidney beans & stir well

Add mince and leave to simmer for approximately 30 minutes until mince is cooked

Serve with basmati or long grain rice