

Chilli con carne with rice and yoghurt

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, chopped
- 250g/9oz beef mince
- salt and pepper
- ½ -1 tsp chilli flakes, to taste
- 1 x 400g/14oz tin chopped tomatoes
- 500ml/18fl oz stock, made from a stock cube (ideally beef, but chicken is fine)
- ½ tsp dried mixed herbs
- 2 x 400g/14oz tin red kidney beans, drained and rinsed
- 200g/7oz long grain rice
- 200g/7oz natural yoghurt

Preparation method

1. Heat a large saucepan over a medium heat. Add the olive oil and, once hot, fry the onion with a pinch of salt for five minutes, or until soft and translucent. Once soft, add the garlic and cook for two minutes.
2. Add the mince, along with a good pinch of salt and pepper. Mix well and cook for 5-6 minutes, or until there are no raw bits of meat. Add the chilli flakes, tomatoes, stock and dried mixed herbs. Stir to mix well and bring to a simmer.
3. Pour in the drained kidney beans and simmer gently for 30 minutes, or until the chilli con carne is thickened and rich. Taste and adjust the seasoning as necessary.
4. Meanwhile, cook the rice according to the packet instructions.
5. Serve the chilli con carne on top of the rice with a spoonful or two of yoghurt on top of each portion. Eat while hot.

less than 30 mins

preparation time

30 mins to 1 hour

cooking time

Serves 4

By Richard Corrigan
From Great British Budget Menu

Transform minced beef into a luscious spicy stew to be served with rice and a dollop of yoghurt to control the heat.

Top recipe tip

In May 2013 this recipe was costed at £3.04 at Asda, £3.45 at Tesco and £3.00 at Sainsbury's.