



CHLOË BOWLER
complete wellbeing

CHILLI CON CARNE



Ingredients (serves 2)

- 1 onion
- 2 garlic cloves
- 1 red chilli
- 1 tbsp medium chilli powder
- 1 tbsp turmeric powder
- 1 tbsp cumin
- 1 tbsp smoked paprika
- 300g minced beef
- 400g chopped tomatoes
- 400g kidney beans in chilli sauce
- 2 courgettes

Instructions

- Start by chopping and adding the onion, garlic, and chilli to a pan of hot oil.
- Once the onions are softened, add the mince and break it up with a spoon as it cooks.
- As the mince is cooking add the chilli powder and turmeric. (If you are not sure of the heat, add less now as you can always add more later).
- Pour in the kidney beans and tomatoes and reduce the heat to a low simmer.
- Stir in the chopped courgette for 1 minute then serve.

CHLOEBOWLER.COM