

Big-Batch Chilli (No Beans)

Make it on Sunday, freeze the rest. Your own ready meals.

Serves 4

Prep 10 min

Cook 40 min

8g

CARBS
PER SERVING

Includes the cheese and soured cream on top. Cauliflower rice on the side adds about 7g.

You'll need

- ☐ 500g beef mince
- ☐ Half an onion (about 75g), chopped small
- ☐ 2 garlic cloves, chopped small
- ☐ 1 tin (400g) chopped tomatoes
- ☐ 1 tbsp tomato purée
- ☐ 2 tsp chilli powder (mild or hot, your choice)
- ☐ 2 tsp ground cumin
- ☐ 1 tsp smoked paprika
- ☐ To serve: 80g grated cheddar and 4 tbsp soured cream
- ☐ Salt and pepper, to taste

Method

- 1 Put a big saucepan on a medium-high heat. Add the mince and break it up with a wooden spoon.
- 2 Cook for about 8 minutes, stirring now and then, until there's no pink left.
- 3 Add the onion and garlic and cook for 5 minutes until the onion is soft.
- 4 Stir in the chilli powder, cumin, paprika and tomato purée for 1 minute.
- 5 Add the chopped tomatoes, then half fill the empty tin with water and add that too.
- 6 Turn the heat down low, part-cover with a lid and simmer gently for 25 minutes, stirring now and then. Season to taste.
- 7 Serve in bowls, topped with the cheese and soured cream.

TIP

It tastes even better the next day.

SWAPS

- Serve over cauliflower rice. How to make it is in How-tos.
- Turkey mince works too. Cook it until there's no pink.

STORING IT

Cool quickly (within about 90 minutes), then fridge for up to 2 days or freeze in portions for up to 3 months. Defrost in the fridge overnight. Reheat until steaming hot all the way through, and only reheat once.

FOOD SAFETY

Mince, burgers and sausages must be cooked all the way through. No pink in the middle, juices clear and steam rising when you cut one open. Burgers shouldn't be served pink at home.