



## Chilli Con Carne with Spaghetti

Preparation time: **less than 30 mins**

Cooking time: **1 - 2 hours**

Serves: **Serves 4**

### Ingredients

- 2 tbsp olive oil
- 2 onions, chopped
- 2 garlic cloves, crushed
- 1kg/2lb 4oz lean beef mince
- 2 x 400g tins chopped tomatoes
- 3 tbsp tomato purée
- 1 tsp ground cumin
- 1 tsp ground coriander
- good shake of Worcestershire sauce
- 1 beef stock cube
- 2 x 400g tins red kidney beans, drained and rinsed
- 1 large bunch fresh coriander leaves, roughly chopped
- salt and freshly ground black pepper
- spaghetti and green salad to serve

### Method

1. Heat the oil in a large, heavy-based saucepan with a lid and fry the onion and garlic until softened. Increase the heat and add the mince, cooking quickly until browned and breaking down any chunks of meat with a wooden spoon.
2. Stir in the tomatoes, tomato puree, cumin, ground coriander, cinnamon and Worcestershire sauce and crumble in the stock cube. Season well with salt and pepper. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is rich and thickened.
3. Add the kidney beans and fresh coriander. Cook for a further 10 minutes, uncovered, before removing from the heat
4. Boil the spaghetti for 15 to 20 minutes and serve with green salad.