



QUICKIE BEEF CHILLI 1.0

My tasty chilli recipe is ready in minutes.

It's lean, packed full of flavour and it can be as spicy as you want to make it! Serve it with broccoli rice and you'll see it becoming a reduced carb meal favourite and once you get the hang of making broccoli rice, you won't buy the ready made version again!

If you want to make this in your slow cooker check out the tips in the notes section.

INGREDIENTS FOR 1 SERVING

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 396 Protein 39.3 g Carbs 25.2 g Fat 16.9 g Sugar 12.3 g Sat Fat 6.7 g Fibre 7.1 g Sodium 1.1 g</p> <p>Breakdown of calories per serving</p>	120g	Extra lean beef mince
	25g	Peppers, sliced
	25g	Onions, sliced
	1	Garlic clove, crushed
	1 tsp	Smoked paprika
	1 tsp	Ground cumin
	1	Chilli, with or without seeds
	95g	Chopped tomatoes, blended until smooth
	5g	Olive oil
	15g	Cheddar cheese, grated
	30g	Reduced fat sour cream

	1/2	Beef stock cube
	100 ml	Water
	10g	Fresh coriander
	5	Pickled jalapeno slices
	140g	Broccoli rice
		Salt & Pepper

METHOD

- Using a mini food processor, blitz the peppers and onions to a paste.
- Add the olive oil to a frying pan and put it on a medium heat.
- Add the onion and pepper mixture and cook on a medium heat for 2 minutes, being careful not to let them colour too quickly.
- Now add the beef mince and brown until cooked through.
- Add the garlic, smoked paprika, cumin and chilli and thoroughly coat the beef.
- Sprinkle the stock cube over the beef, add the water and stir.
- Add the smooth tomato mixture, give everything a good stir and leave to simmer for a few minutes so that the water can reduce and the sauce thickens.
- Take another frying pan and pop it onto the heat and warm the broccoli rice.
- Move the rice around the pan and if necessary, add a tablespoon of water to help it steam.
- When the sauce has thickened add the chilli to the plate along with the broccoli rice.
- Top with the chopped coriander, jalapeno peppers, cheddar and the sour cream.

NOTES

- I Make sure your mince is extra lean, less than 5% of fat per 100g.
- This is a great recipe to make in your slow cooker. Just change the mince beef for extra lean stewing steak (the steak is much easier to trim any visible fat from) and make multiple batches to get the volume of liquid to cover the ingredients in the pot, and if needed add a little more water. Follow the method up to the point where you leave the chilli to simmer to reduce the sauce and transfer it to your slow cooker. I like to prep this in the morning and leave it to cook all day.
- The pickled jalapeño slices I use contain no added sugar.
- I like to use low salt stock cubes.
- Check out the video showing exactly how to make broccoli rice! Link here [Making Broccoli Rice](#)